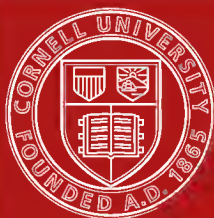


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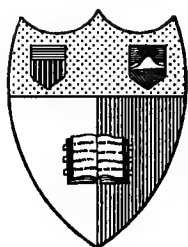


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Framingham Monograph No. 8

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General Series

# III. HEALTH LETTERS

(Reprinted from the *Framingham Evening News*)

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Framingham Community Health and  
Tuberculosis Demonstration  
of the

National Tuberculosis Association

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Community Health Station  
Framingham, Mass.  
December, 1920

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# Framingham Community Health and Tuberculosis Demonstration

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Arthur K. Stone, M.D.	Administrative Advisor

## Introduction

Health education is, of course, a vital part of any health and anti-tuberculosis activity. It has been an important aspect of the Framingham health program.

In Framingham, there have been two main educational objectives: in the first place, it has been necessary to acquaint the public with the methods and objects of the Demonstration, in order to encourage support and coöperation; in the second place, it has been essential that all elements in the public be encouraged to practice the principles of health and disease prevention.

In the accomplishment of these two ends all available channels have been employed, including the press, lectures, special leaflets, exhibits, window displays, street car advertising, etc. In addition to these routine devices, one special measure, developed primarily for its educational value, might be mentioned, namely, the Neighborhood Committees. In a simple and modified way, the Neighborhood Committee plan was adapted to the dissemination of educational material, and to the determination, through these committees, of the reaction of the community to any particular hygienic efforts.

In general, educational work must aim at the promotion of public hygiene by community action, and at the encouragement of personal hygiene, by individual action. Personal hygiene in turn, to be practiced as regards food habits, home habits, and distinct personal habits, may be of two types: first, that phase of personal hygiene which aims at the elimination of disease transmission, namely, suppressive hygiene; and second, that type which endeavors to promote health and resistance, namely, constructive hygiene. These general channels of approach to popular interest have been kept in mind in developing a broad educational program in Framingham.

To discuss a little further the theoretical aspects of health education, it must be remembered, in tuberculosis in particular, that if there is to be developed an intelligent, balanced, and comprehensive educational program, we must keep in mind the several outstanding points of attack. In the first place, with reference to this disease, we may decide to fight tuberculous *infection*, in which case we shall direct our educational efforts at the control of milk supplies, at the improvement of general sanitation, at the restriction of the open infectious case, etc. Or we may feel that the vital point of attack is against the *disease*, rather than against infection, in which case we shall emphasize the point of lessening the stress and



strain in work and life generally, the necessity for making proper economic, social, nutritional, and other adjustments, and in general, the obligations which hygiene places upon us in living a life of moderation. Finally, we may believe that it is also important to fight tuberculosis as a cause of *death*, as well as a cause of infection and of disease. If this point of attack is added to our educational program, we shall want to agitate for properly equipped and operated institutions, we shall want to popularize institutional and home treatment facilities in general, and do all that can be done through educational means to encourage proper treatment.

In working out a practical program, however, these theoretical considerations, while of importance, must be held in the background. In reality, there must be emphasized certain conspicuous objectives. In Framingham, for instance, we have aimed primarily to encourage individuals to detect the early signs of disease. Above all, we have urged the necessity for regular, annual, routine, thorough, medical examinations. This latter motive has been stressed on all possible occasions, and the people urged to take advantage of the many facilities for medical examination now provided in the community, in infant clinics, schools, factories, tuberculosis clinics, etc. Unusual as it undoubtedly is, it may be said of the Framingham experience, nevertheless, that, with reference to this particular effort, it is believed that the efficacy of the educational measures employed can, with a fair degree of accuracy, be actually measured. In a recent canvass of seven or eight hundred individuals, it was ascertained that 29 per cent of them, without any specific urging, had been to their own physicians during the preceding six months for advice with reference to hygiene and disease prevention, and for a medical or health examination. From this it would seem that the suggestion for medical examinations had become a moving force in the lives of a fairly large proportion of the population.

With reference to the Health Letters presented in this monograph, it may be said that they represent the most protracted and consistent single effort at health education in the community. As stated on the title page, they are reprinted from the Framingham Evening News, in which paper they have been carried in unpaid-for space every Saturday night for the last three years. It is, of course, a great source of gratification to the National Committee, and to the National Tuberculosis Association, to realize the substantial contribution which this evidence of coöperation indicates on the part of The News. Perhaps the chief test of the value of this educational material is the continued willingness on the part of the editor to use this space for the Health Letters at weekly intervals for three years.

The Community Health Station of Framingham has received many requests for copies of these letters, and they have already been used serially in many other communities, modified, of course, to meet local needs. It seemed, therefore, that their publication in a special bulletin was justified.

The reader will find presented, first, a special series on tuberculosis, which is

followed by representative collections of health letters on various health topics. The letters in this bulletin represent about one-half of the total number of health letters thus far published. While many of them are original, still the Demonstration owes thanks to other health organizations from the publications of which educational material was adapted to meet the special opportunities in Framingham. The letters have been prepared by several members of the Health Demonstration staff. They represent a practical piece of work which will shortly be assumed by a local civic and health agency, and will undoubtedly be continued under the auspices of this agency, subsequent to the close of the Demonstration.

**I. Special Series**

**of**

**Health Letters**

**on the**

**Fight Against Tuberculosis**

# I. How Can We Fight Tuberculosis?

I. Among the average hundred people 75 to 90 per cent have *tuberculous infection*. *How can this be prevented?*

II. Among the average hundred people 2 per cent at any one time have *tuberculous disease*. *Can this be prevented?*

III. Among the average hundred people 8 or 10 per cent will eventually die of *tuberculosis*. *Can this be prevented?*

We do know how most of us get tuberculous infection, in many cases what produces active tuberculous disease, and what causes death from tuberculosis. This is knowledge which every one should have—knowledge which every one must use if we are finally to wipe out the *GREAT WHITE PLAGUE*.

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Beginning today the health letter series will deal with this contest with tuberculosis. These letters were prepared by the Community Health Station.

This will be a “continued story” in six numbers. Watch for it every Saturday!

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*LEARN HOW TO FIGHT TUBERCULOSIS—FOR YOURSELF  
AND YOUR FAMILY.*

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## II. The Control of Tuberculosis

### What Can You and I Do About It?

This series of health letters will be devoted to tuberculosis, from the practical point-of-view of its prevention by the average citizen. All disease control comes down to each of us and depends on our action, in coöperation with the official health organizations, in the end.

Your Board of Health is doing its best to fight tuberculosis. It will *win* this fight if you do your part and—well, “it’s up to you.”

The germ of tuberculosis is a cause of:

1. Infection
2. Disease
3. Death

There are therefore, three points of attack—against infection, against active disease, and against premature and unnecessary death from this disease.

Among the average hundred citizens 75 to 90 percent have tuberculous infection, or the seed of the disease. We know where most of this infection comes from, and can take definite measures to prevent it. The fewer the infections, the less disease and the fewer deaths will there be.

Among the average hundred citizens, out of the 75 to 90 per cent with tuberculous infection, 2 percent at any one time will show the presence of active or arrested tuberculous disease. We are sure of some of the things which cause this disease, and we can fight against them.

Among the average hundred people, 8 or 10 are going eventually to die of tuberculosis. If we fail to prevent infection, or if in turn we fail to prevent disease, can we at least cure a certain number of these cases, and save them from early death? We can!

In the fight against tuberculosis, there are two main channels of attack:

1. PUBLIC HYGIENE — which is concerned with our organized efforts to attain the EQUIPMENT for right living in the community.
2. PERSONAL HYGIENE—which involves our individual efforts to follow the METHODS of right living.

Further, this personal hygiene is of two types:

1. The efforts to prevent disease and infection—which we might call suppressive hygiene.
2. The efforts to increase resistance and build up health—which we might call creative hygiene.

Finally, personal hygiene comes into play in three main fields—the field of direct personal habits, home habits, and food habits.

So much by way of introduction to our subject. Next week we shall take up the fight against tuberculous infection.

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### III. How Can We Fight Tuberculous Infection?

Tuberculous infection is very common, but not very serious in itself. It is, however, the seed of future disease, and must be stamped out eventually if tuberculosis is to be eliminated.

A study in Framingham two years ago among 500 children from 1 to 7 years of age indicated that already 33 per cent of those children had acquired tuberculous infection. We know that among adults this percentage will run from 75 to 90 percent.

## Where Do We Get Tuberculous Infection?

### 1. *From direct contact with infected adults*

Many of these individuals whether they are sick or not, may or may not know that they have the disease, but may be giving off the tubercle bacillus in their mouth discharges. The disease may be transmitted to others by coughing, sneezing, kissing, or even talking—that is by dangerous or bad respiratory hygiene. To expose children to these hazards is to endanger their lives unnecessarily.

### 2. *From infected sputum*

20 to 30 percent of tuberculosis cases in the active stage give off the germs of the disease in their sputum. Consequently, careless spitting is responsible for many cases. Framingham has an anti-spitting ordinance. The Board of Health tries to enforce this ordinance, but this is a hard thing to do without an informed public opinion and the coöperation of every citizen.

3. *From infected utensils*, such as common cups, common towels, carelessly washed eating utensils, etc.

While probably few cases are transmitted in this way, these methods cannot be ignored.

### 4. *From infected cow's milk*

A survey of cattle in Framingham indicated that about 22 percent had tuberculous infection, some of the cows being actively diseased. It is also known that about 12 percent of tuberculosis deaths among children are from the bovine type of disease. Children must be protected against dangerous milk.

## How Can We Meet These Dangers?

1. Children should not be exposed to tuberculous adults.

2. Cases with germs in their sputum should if possible be treated in institutions rather than at home, so that danger of transmission of disease to other members of the family may be avoided.

3. We should encourage good respiratory hygiene on the part of every one. Let us remember that any cough **MAY** be a dangerous one. "Coughs and sneezes spread diseases"—not only tuberculosis, but diphtheria, scarlet fever, influenza, measles, whooping cough, pneumonia, etc.

4. We should insist on full compliance with the anti-spitting laws. Spitting in public places, on street cars, on pavements, etc., is dangerous, for children may get the infected sputum on their hands or the germ may be carried into the house on skirts or shoes.

5. Let us abolish the common cup and the common towel in homes, schools, offices and factories.

6. Let us insist on safe milk, which means pasteurized milk (heated to kill disease germs—not boiled), or milk from tuberculin tested cattle. In Framing-

ham about 70 percent of the milk supply is now pasteurized, and an additional 10 per cent or thereabouts is tuberculin tested. See that you and particularly your children get milk of the safe kind.

7. A regular medical examination for all people in the community will find the early and the active cases of the disease, will provide treatment in time to save the patient, and will prevent unnecessary exposure of well children and adults to a dangerous source of infection.

(The next letter will discuss the fight against active tuberculous disease).

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## IV. How Can We Fight Tuberculous Disease?

### Public Hygiene

Active tuberculous disease is not so common as tuberculous infection. Many people get tuberculous infection, and never have it develop into the active disease. The infection may remain latent for a long time, and may after years crop out when the infected person is under a strain of some sort, such as over-work, fatigue, under-nourishment, bad environment, or some other disease, such as typhoid fever, pneumonia, influenza, etc.

There are two ways of fighting tuberculous disease:

1. Collectively—by joint effort—through community measures—or by public hygiene.

2. Individually—by personal effort—or through personal hygiene.

This letter deals with the public or organized measures against tuberculous disease:

#### 1. *Proper Housing*

Here there are two things of prime importance: sufficient living space—over-crowding and congestion are dangerous; the facilities for cleanliness, such as hot water for hand washing and bathing, proper sewage and refuse disposal, etc.

#### 2. *Proper Working Conditions*

Unsanitary factory conditions may produce disease.

Of even greater importance are too much *over-work*, *excessive fatigue*, *strain*—breaking down our resistance to disease. Unnecessary and dangerous dust in the factories, excessive temperature and humidity may also lower resistance.

#### 3. *Proper Economic Conditions*

Extreme poverty and destitution are the allies of tuberculosis. We cannot eliminate one without first removing the others. A living wage, with knowledge as to how to use that wage for health, is essential to tuberculosis control.

#### 4. *Proper School Conditions*

Sanitary school buildings, thorough medical and nursing work among school children, the use of open window rooms, instruction regarding nutrition, the development of recreation facilities—all these will help to build health and resistance to tuberculosis and other disease, and are important in our armament against sickness.

#### 5. *Regular Medical Examinations*

Medical machinery in infant clinics, in schools and factories, and for the general population will detect disease in its beginning stages, and make possible its treatment and cure, before it becomes advanced and hopeless.

All these are things that we must obtain through organized community effort.

The next time we will deal with disease fighting methods that depend on our own individual action.

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## V. How Can We Fight Tuberculous Disease?

### Personal Hygiene (Home and Food)

When all has been done that can be accomplished through organized agencies, such as our Board of Health, the school department, our factories, our civic organizations, etc.—there still remains much for the average citizen to do if tuberculosis is to be controlled.

This is personal hygiene—of the creative type—aimed at the *building up of health*—to make disease impossible

The chief channels are hygiene of the home, food hygiene, and personal hygiene.

### Home Hygiene

#### 1. *The Use of Cleanliness Facilities*

Running hot water in the home is of little use from the health standpoint unless we teach children and others to wash their hands before they eat. A bath tub used for storing coal will be of little value in creating health through hygienic living habits.

#### 2. *Ventilation*

An air-tight building, whether too hot or too cold, is a *house* and not a *home*. A home is a place to live in safety and comfort. Fresh air in the home, windows of sleeping rooms open at night—these are the things that help to make the home an institution of hygiene.



## Food Hygiene

### 1. *The Economy and Selection of Food*

In these days of high food costs, it is more important than ever to spend money wisely for food. It is vital that we get our money's worth. A good rule to follow as to food expenditures is as follows: for a family of five spend at least as much for milk as for meat and fish, and as for fruit and vegetables.

2. *The Proper Care of Food at Home*, on ice in summer and covered so as to protect it from flies and dust, and unnecessary handling at all times will help to keep down disease.

3. *Attention to Diet*, especially a quart of milk a day for each growing child, will build bodies capable of resisting disease. We know that children and adults, too, must have certain things in their diet for normal growth. These vitamins or growth producers are found in milk and the fresh vegetables. Most people do not get enough of these foods, but an adequate supply will prevent much tuberculosis.

Other personal hygiene considerations in the fight against disease will be presented next week.

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## IV. How Can We Fight Tuberculous Disease?

### *Personal Hygiene (continued)*

Last week we dealt with personal hygiene so far as it concerns the home and food. Now we shall consider a few things of direct importance to the individual himself:

#### 1. *A Regular Medical Examination by Your Own Physician*

This, plus a willingness to follow the doctor's advice, will do more than any other one thing to find tuberculous disease early, to prevent active or advanced tuberculosis. An annual inspection at least is as useful for "the human machine" as for any factory equipment, if we are not to be scrapped before our time.

#### 2. *Recognizing Early Symptoms*

A persistent cough, fever, unusual tiredness, loss of weight, loss of strength, night sweats, blood spitting—these may mean the beginning of tuberculosis and should be investigated at once! If you have missed your annual medical examination, go at once to your own physician, or to the Department of Health clinic, or to your school or factory clinic, or to the Health Station.

#### 3. *A Life of Moderation*

Excess or strain of any kind may open the door for the latent tuberculous infection which most of us have, and enable it to become active disease. This applies to excessive drinking, eating, working, playing, or dissipation of any kind.

#### 4. *Rest*

Eight hours of sleep nightly are necessary for most people if they are to maintain health. A few minutes rest each day before meals will help digestion and build strength.

#### 5. *Exercise and Recreation*

Continuous indoor work with no fresh air and outdoor exercise greatly encourages the tubercle bacillus. All work and no play (especially no outdoor play) "makes Jack a dull boy," and a weak one when it comes to disease resistance.

#### 6. *The Will to Health*

We often hear that "good wages are essential to good health." It is often more true that good health is essential to good wages. Health is the greatest economic asset in work, in play, and in life. Health is essential to a full life. A job to do, a desire to make good—these require a "will to be healthy."

Next time we shall consider the fight against tuberculosis as a cause of death.

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## VII. How Can We Reduce Deaths from Tuberculosis?

We have spoken of the 75 to 90 per cent of people who have tuberculous infection—and how to prevent this.

We have spoken of the 2 per cent who have tuberculous disease—and how to prevent it.

In a number of cases we are going to fail to prevent infection and to prevent disease. We are going to have active disease to meet. Is this a hopeless situation? By no means!

*What can be done?*

Let us remember that 85 per cent of cases of tuberculosis if taken early can be arrested or cured, and returned to normal life and work.

How can this be done?

1. By seeking the best medical advice available and by following it.
2. By recognizing that the treatment of tuberculosis is fresh air, sunlight, good food and rest.
3. By remembering that there are no drugs and no patent medicines of use in the treatment of tuberculosis.
4. The best place for the average case of tuberculosis, especially if it is in an infectious stage, is in a sanatorium. Sanatorium treatment is of great value even if it is carried out for only a short time, for it gives the patient a chance to learn what careful living means.

5. If the patient must stay at home let him follow explicitly the advice of his doctor or of the Board of Health nurse. Let him live out doors, sleep out doors, and take every advantage of the open air. He has as good a chance to get well in his own town as anywhere else. The climate is of little importance. About as many get well under proper treatment in Massachusetts as in Colorado.

6. Once the disease is cured, the patient must live a fairly careful life. This means moderation, and a careful adjustment to work and to living. It means *normal*, not excessive living.

7. The patient should also remember that he has a communicable disease and that he must be careful with coughing and sputum if he is not to infect others.

There is no royal road to a cure in tuberculosis. It requires patience and coöperation, persistence and courage. It is up to the patient if he is to get well, more than to the doctor or to anyone else.

Much of the best work of the world has been done by tuberculosis patients, whether cured or not. For instance, Robert Louis Stevenson, Theodore Roosevelt, and Edward L. Trudeau, the founder of the first tuberculosis sanatorium in this country at Saranac Lake.

We are winning the fight against tuberculosis. We are going to fight it to a finish. This means an attack at all possible points—we shall “fight it out along these lines if it takes all summer.”

It is going to take many “summers” to finish the fight. It can be done if all will lend a hand, and “enlist” for the duration of the war—the greatest war of all—the war on the GREAT WHITE PLAGUE.

**Selected Groups**  
**of**  
**Health Letters**  
**on**  
**General Health Topics**

## II. Tuberculosis in General

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### I. Tuberculosis in Childhood

The germ of tuberculosis is implanted in our system in childhood. Generally this germ lies dormant until some stress of life breaks down our resistance and the disease tuberculosis develops. There are cases, however, that develop the disease tuberculosis early in childhood, soon after the germ enters the system.

These cases of childhood tuberculosis are frequently overlooked because the symptoms are not nearly so characteristic as in adult tuberculosis. In childhood the symptoms are: ill-nourishment, lack of growth, loss of strength, irregular fever, elevation of pulse, and coughing. In childhood the cough is not characteristic but a persistent cough for a few weeks should be investigated.

These symptoms may not be present all at one time but any or all of them should be looked upon with suspicion.

Poorly nourished children should be specially studied. Many of them are not tuberculously diseased but may become so if they are not properly cared for.

The out of door school and the open window school room are of great help in caring for school children who are below par, and are in the stage that is often spoken of as pre-tuberculous. These children if they can do their school work in open air rooms or open air schools and then be properly nourished will in many instances not develop the disease tuberculosis.

Every child should get at least one quart of milk a day, either to drink or in his food. Milk is the best and most important food for growing children and especially in the poorly nourished. Fresh air and sunshine, plain simple diet with plenty of milk, and most of the undernourished children will grow up into strong and healthy adults.

REMEMBER THE CHILD OF TODAY IS THE COUNTRY'S  
STRENGTH OF TOMORROW.

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## II. Bullets Versus Bacilli

In Canada last year more people died of tuberculosis than were killed among the Canadian forces at the front. "Last year shot and shell snuffed out a MILLION lives. Last year the tubercle bacillus slew MORE THAN A MILLION in the warring countries. During our Civil War, tuberculosis killed 400,000 of our people—more than succumbed to shot and shell. Shot and shell

maim and cripple; the tubercle bacillus saps and undermines. The song comes back to the cripple and to labor he returns; the voice of the tuberculous unfit grows more and more faint and from industry he withdraws.

"Shot and shell come crashing through your home and you rebuild your house. The tubercle bacillus sneaks in and with pitiless tenacity lingers on until it strips your table bare and leaves your children pale and listless. Shot and shell can stir and arouse the most saving virtues in man. Of the captains of crushed aspirations, tuberculosis stands pre-eminent.

"There come long years when shot and shell are locked up secure in stone fortresses. Since the beginning of time the tubercle bacillus has roamed at will. Since the first blossoming of the social instinct, it has killed one-tenth to one-fifth of all the billions of white men that have come into the world."

Yet Framingham has taken up the challenge and is fighting the fight FOR HEALTH and the control of this disease. The nation is watching her progress and will accept her leadership if she succeeds.

If Framingham can show how to control this most terrible scourge of man—this disease which now disables two million in the United States alone, and kills 150,000 of our people yearly—she will have accomplished a task equal in glory and human worth to the successful suppression of war, and the establishment forevermore of the universal reign of peace.

THE WORLD IS AT WAR AND BILLIONS OF BULLETS ARE DOING THEIR DEADLY WORK. WAR BULKS LARGE, BUT TUBERCULOSIS BULKS LARGER—FOR BILLIONS TIMES BILLIONS OF BACILLI STILL DESTROY MANKIND. TRULY, THE TUBERCLE BACILLUS IS THE MOST FEARSOME THING.

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### III. The Tuberculosis Catechism

1. What is tuberculosis?  
A dangerous communicable disease which can be prevented.
2. What is the most common form and what is it called?  
Tuberculosis of the lungs, commonly called "consumption."
3. Can tuberculosis occur in any other part of the body?  
Yes, in any part of the body.
4. What causes tuberculosis?  
A germ, the tubercle bacillus.
5. Where may this germ be found?  
In the sputum coughed up by a consumptive.
6. How does the tuberculosis germ get out of the body of a consumptive?  
Mainly in the sputum coughed up from the lungs.

7. How does one get tuberculosis?  
By breathing air or swallowing dust or food (especially milk) containing tubercle bacilli.
8. What is the most important thing to do to prevent tuberculosis from spreading?  
To destroy at once by burning or disinfecting all sputa and other discharges from persons who have tuberculosis.
9. Is it safe to spit on the sidewalk, in a street car or in a public place?  
No, because spit may often contain disease germs.
10. In what food is the tuberculosis germ most commonly found?  
In milk.
11. How can milk be made safe to drink?  
By scalding or pasteurizing it.
12. What five things are absolutely necessary to cure consumption?  
The doctor, sunlight, outdoor air, nourishing food and rest.
13. Is there some patent medicine that will cure tuberculosis?  
There is not; it is the worst thing a consumptive can resort to.
14. What can a well person do to keep from getting tuberculosis?  
Have plenty of sleep and rest, keep outdoors as much as possible, sleep with windows open, or better, on a screened porch, and eat regularly good wholesome food.
15. What should a person do when he suspects that he or any member of his family has tuberculosis?  
He should have a thorough examination immediately by his physician, or at the Board of Health Office, or at the Health Station—THEN FOLLOW THE DOCTOR'S ADVICE.

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## IV. The Lesson of the Cured Tuberculosis Case

During the work of the Tuberculosis Demonstration, the Board of Health and the Community Health Station have not only endeavored to find tuberculosis, but to treat it and cure it.

On the records of the Demonstration, there are at present at least fifty cases that had the disease in an active form when they were discovered, but are now "cured." These cases are really called "arrested"—and they must remain in this quiescent stage for a longer time before they will scientifically be classified as cured.

For all practical purposes, they are cured. They are living *normal* lives,

they are working, they are earning a living, and assisting in the support of their families. Yet they must live *normal* lives—that is the point. This means *personal hygiene*—adequate sleep, rest, and good food. It means the avoidance of excessive fatigue, at work or elsewhere.

Now, how does this apply to most of us? As a matter of fact, many of us have had tuberculosis and do not know it. The Demonstration has on its records sixty or more cases in Framingham who show definite signs of having had active tuberculosis in the past, but who have gotten over it or at least partly over it, without ever having a definite diagnosis. These people are all at work. Yet if they over-work, or over-strain themselves by excessive living of any kind, a breakdown is inevitable.

Even if we have not had tuberculosis, most of us can do our *best work* if we avoid excessive strain and live in moderation. This means a good diet, rest, leisure, and recreation, the positive aspects of living—the things that make living more than existing.

The reason why the fifty cases were arrested, and probably cured,—the reason why they are not in the last stages of consumption, or dead,—is because they had, not only a *will to live*, but a *will to live well*. The secret of this kind of living is a wise adjustment to your work and to your play—moderation and *personal hygiene*.



# III. Regular Medical Examinations

## I. Your Annual Medical Examination!! Have You Had It? It May Add Years to Your Life!

Why is machinery inspected regularly?

Why do we overhaul our automobiles?

BECAUSE IT PAYS!

The "human machine" is a most delicate device, and it needs an inspection and adjustment occasionally, if it is not to be scrapped before its time.

### A THOROUGH EXAMINATION:

1. Will find correctible defects—and save future misery.
2. Will increase your physical efficiency and happiness.
3. Will detect fatal disease, curable only in the *beginning stages*, such as cancer.
4. *Will find tuberculosis in time!*

### EXPERIENCE TEACHES THAT:

1. 2 percent of the people examined have tuberculosis—and many *do not know it* until too late!
2. 77 percent are in need of medical or dental advice or treatment for serious or minor causes.
3. 64 percent of the defects discovered are *preventable*—a terrible human waste.

### THERE IS NO EXCUSE

in Framingham for any one to miss his annual inspection. Look over this equipment and take advantage of it. All ages are provided for!

1. *YOUR OWN PHYSICIAN.*
2. The Civic League weekly baby clinics (Apple St., Clarke St., Hollis St. and Saxonville).
3. The public school medical and dental facilities—unequalled anywhere in the United States.
4. The factory clinics.
5. The Board of Health clinic (Wilsonia Bldg., Union Ave.)
6. The Community Health Station Examination Rooms and consultation service (Crouch Bldg., Union Ave.)

Remember that these clinics are mainly for examination, diagnosis and advice. If you need treatment for a chronic medical condition (such as heart or

kidney disease for instance) you will be *referred to your own physician*. Then follow his advice and go to him *regularly thereafter* for your examination.

*It is always true*—an ounce of prevention is worth a pound of cure. The cheapest and most useful ounce of prevention in the world is a

**Regular Medical Examination!!**

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## II. The Nation's Physical Fitness

Those Framingham citizens who read Framingham Monograph No. 4, published by the Health Station, will remember that 77% of the people examined in Framingham showed the presence of slight or serious diseases or defects requiring medical or dental advice or treatment.

This somewhat appalling discovery as reported in the Health Station report on the Medical Examination Campaigns applied, of course, to all ages, and included the very young as well as the very old. Naturally we would expect a better state of affairs in what should be the healthiest age group, namely in men from 21 to 31 years. Yet even here the situation relating to physical qualifications is bad enough, as recently stated in the second annual report of the United States Provost Marshal General.

His figures are based on the physical examination of 3,208,446 men, brought under the selective draft law during the period December 15, 1917 to September 11, 1918.

OF ALL THOSE EXAMINED 949,419, OR APPROXIMATELY 30%, WERE DISQUALIFIED BECAUSE OF SICKNESS OR DEFECT.

From February 10th to October 15th, 1918, 467,694 were thrown out by the Local Exemption Boards or the Camp Surgeons for one cause or another.

Prominent among the reasons for rejection was tuberculosis, this alone being responsible for the exclusion of 44,669, or nearly 10%.

Disease of the heart and blood vessels were responsible for 13%, nervous and mental diseases, with mental deficiency, for over 10%, and venereal disease for 1.3%.

The Surgeon-General of the United States Public Health Service in commenting upon this report said:

"The figures from all sections of the country are sufficiently appalling to show that it is of greatest importance for the whole nation to realize that it is high time to search out the causes of this physical unfitness and find the proper remedies. It is the supreme duty of all agencies, national, state, and local, to work together to these ends."

Framingham is one local community that is building the machinery to bring about a better state of affairs in the future. The health work among infants, in schools, and factories, will show how disease and defect may be detected and eliminated, and will give an example to the nation in laying a firmer physical foundation for future social and economic growth.

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### III. The Need for Regular Physical Examinations

A few days ago I happened to be in the city of Pittsburgh. That city is of intense interest to every American citizen at this time for it has become one huge workshop for turning out war supplies. On its output largely depends our armor-plate for ships and steel for the sinews of war.

Every man is working overtime, every wheel, belt and crane seeming to strain in speeding up for the fulfillment of orders. There is tension in the very atmosphere, haste in every animate and inanimate part of the whole.

*Yet a strange sight exists right in the centre of all this big busy scene.*

There stands a mighty furnace covering many acres, with a hundred smoke stacks—idle. Her fires are all out, her engines cooling, her thousands of workers deserted.

I asked my friend the cause of this one idle spot in all Pittsburgh. There is a great lesson for us all in his reply:

"In the face of sheets and sheets of orders and at a cost of a hundred thousand dollars we have shut down that furnace to make a full inspection of every piece of machinery and every inch of pipe. It was not done because we knew of existing weaknesses for we never wait for that. The loss of those thousands will be in reality the biggest investment we could make, because the thorough overhauling and testing at this time will save us countless thousands later on. In this inspection we are able to get hold of little weaknesses here and there and remedy them before some serious accident may cause great loss of life and capital. Did you never think of steel and iron and machinery tiring and weakening? If we did not know the advantage of inspecting for just this we would not have closed down this plant in such a rush season."

If it is possible for great machines made of steel and iron to tire and weaken under strain then how much more possible for the human body, the most delicate of all machines. The value of a human life is far greater than all the furnaces in the world and yet we neglect the regular pause in life's activities to make an inspection and an overhauling of our own bodies. It is a wise man who stops before he is compelled to and makes sure from time to time that all is well.

The habit of regular thorough physical examinations is the best and most helpful habit any man or nation can form. *Why not be examined by a Health Station physician and then go to your own doctor regularly for an annual inspection?*

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## IV. An Inventory of Your Health

**HAVE** you made an inventory of your health lately? Have you made for yourself a regular habit of having your eyes, your ears, your nose, your teeth, your skin, your stomach, your liver, your heart, your lungs, your kidneys, your bowels, your hands, your feet examined—gone over thoroughly for defects?

Health will not take care of itself and the human body like any other finely adjusted machine requires frequent overhauling.

Health determines your happiness.

**EYES** are the headlights of this wonderful machine, and if you think you can run along with poor headlights ask any automobile owner. Ears are of little thought to many of us until something goes wrong with these important parts of the machine. Even a little attention to small defects may prevent the sad misfortune of deafness later.

**A GREAT** lesson in preventable disease is coming to us out of this war. All the men killed in action on all sides so far in the war do not amount to 7,000,000 but 6,500,000 die annually in times of peace from preventable disease.

A lot of young men thought that there was nothing wrong with them until called up recently for selective service. An appalling number were rejected for bad teeth, defective heart, poor eyesight and incipient tuberculosis.

**LUNGS** and other organs, abused and neglected, are the reason for landing men in the rejected class and on the scrap-pile. Like a giant filter, the draft has separated the physically and mentally fit from the unfit and has brought to light in a few months as no other agency would have done an appalling lack of human efficiency throughout the country—most of it preventable.

**"TEETH defective!"** This sentence stands today on a greater number of rejection slips than any other one thing. Think of 90% of all men between the ages of 21 and 30 having defective teeth! The examination of the teeth of school children show that even a greater number have bad teeth. This is a plain case of carelessness. While many physical defects may be hidden from the individual himself, certainly he knows about the bad tooth.

**HEART** lesions were the offending cause of many other rejections and explain lessened efficiency in countless instances. Here is a country slowly awaken-

ing to the fact that its greatest asset is in its manhood, but we must also realize that all the armed force possible or the best Bethlehem Steel can turn out will not help us to win the war if the man behind the gun is degenerate.

In the January number of the *American Magazine* Dr. Frank Crane has an article entitled "If I were 21" in which is contained the following:

"If I were 21 I would have my body thoroughly inspected by intelligent scientists once a year. I do not believe in thinking too much about one's health but I believe in finding out the facts and particularly the weaknesses of one's mechanism."

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## V. After "The Flu"—What?

### The Epidemic Is Waning—What Will It Leave Behind?

Many hundreds of people in Framingham have had this serious disease, and a large number have had pneumonia as well. This is a bad combination, and is likely to leave behind even more serious conditions, such as heart trouble, kidney disease and *particularly lung weakness*.

### Tuberculosis Frequently Follows Influenza

Coughs, loss of weight and general weakness following influenza should be looked upon with suspicion and carefully investigated.

Any of these serious conditions *if detected early* may be cured.

*How can we avoid serious consequences after influenza?*

1. Be sure you are over it—this requires *rest, fresh air, sunshine, regular meals*—don't go back to work too soon.

#### 2. HAVE A THOROUGH MEDICAL EXAMINATION.

See your own physician or come to the Community Health Station. Persons convalescing from "The Flu" should be examined *every three months for several months* following the disease. This will detect any serious after effects.

3. Let us also remember that many other diseases are spread like influenza—by careless coughing, sneezing, spitting, the common drinking cup, unwashed hands, etc. This is true of tuberculosis, measles, diphtheria, scarlet fever, sore throat, bad colds, mumps, meningitis, whooping cough and pneumonia.

Don't let "The Flu" get the best of you through its after effects. *Be examined early.*

The Health Station continues to offer:

1. Medical examinations without charge to Framingham citizens.
2. Expert consultation service especially in lung cases to Framingham physicians.

**After "The Flu"—All for HEALTH For All.**

## IV. Child Hygiene

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### I. Can You Prove That You Were Born?

A strange and sad thing happened recently in the record rooms of the United States Government.

When the call for the drafted men came and the other calls for enlistments in various branches of the service, there were many men who had great difficulty in proving that they had ever been born.

#### Have You a Birth Certificate?

Uncle Sam took down his record of men available for patriotic service, and found his most important record incomplete! Many names were not registered at all and men seeking to claim exemption from military duty found themselves facing the demand of the Government for a birth certificate to prove correct ages beyond question. They had never been officially born because they had not been registered at birth.

In many instances these could not be secured and in those cases affidavits had to be sworn to. A birth certificate is an absolute necessity in obtaining passports from one country to another. A Red Cross worker lately returned from France, in giving advice to workers going over, made the following statement: "Whatever you take or leave behind, don't forget to provide yourself with a birth certificate." This man found himself detained in England while he cabled across for affidavits to substantiate the truth that he had been born.

A carefully made out birth certificate is one of the first duties we owe the new-born baby. Great trouble may be saved that same child in later years if that matter is attended to early.

Why should you be interested in this matter? What are the advantages of having a birth certificate?

1. It may be necessary in later years to establish your identity.
2. To prove legitimacy.
3. To show when a child has a right to enter school.
4. To show when a child has a right to seek employment under the Child Labor Law.
5. To establish the right to inheritance of property.
6. To establish the liability to military duty, as well as exemption therefrom.
7. To establish the right to vote.
8. To hold title to and to buy or sell real estate.
9. To establish the right to hold public office.

10. To prove the age at which the marriage contract may be entered into.
11. To comply with the law of the state.
12. Finally, birth certificates are considered absolutely essential and are insisted upon by intelligent health authorities, as it is impossible to know the infant death rate, for comparison with other places without knowing the birth rate. Knowledge of births is essential to a Baby Saving Campaign.

IT IS REALLY UP TO YOU TO MAKE SURE THAT YOUR BABY'S NAME IS ON THE TOWN CLERK'S RECORD. THAT IS AN OBLIGATION YOU HAVE BOTH TO THE TOWN, THE BABY AND YOURSELF.

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## II. Baby Don'ts

- Don't—expose the baby to flies. Flies carry disease.
- Don't—give the baby dirty, sour, or stale milk.
- Don't—feed the baby too often or too much.
- Don't—let him have an empty bottle to suck.
- Don't—give him a pacifier or any other device to keep him quiet.
- Don't—let him go for a day without a drink of water.
- Don't—let him lie in wet clothes.
- Don't—give him tea, and never beer, whiskey, gin, or any drink containing alcohol.
- Don't—give him medicine or drugs without the doctor's advice.
- Don't—let him stay up after six o'clock at night.
- Don't—pick him up every time he cries.
- Don't—let any one kiss baby on the mouth.
- Don't—handle him too much; it is bad for him.
- Don't—let his nose get clogged up.

“I think that saving a little child  
And bringing him to his own,  
Is a derved sight better business  
Than loafing around the throne.”

—John Hay, “*Little Breeches*.”

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## III. The House Fly and the Baby

Do you know what happened to one thousand babies in New York City a few summers ago?

These babies were placed under careful observation, and IN THE DIRTY HOMES, AND AMONG THE UNSCREENED BABIES twice as many

babies had diarrhea or summer complaint as among the screened babies in the clean homes.

Flies and filth played their part in this sickness.

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The fly season is coming—let the war begin now! Now is the time to fight flies. If we kill the early ones we will cut off millions later.

To protect the baby we should observe the following *anti-fly rules*:

1. Keep the home screened.
2. Keep the food covered.
3. Cover your garbage and make your neighbor do the same.
4. Keep netting over the baby.
5. Eat no food that flies have walked on.
6. Buy no food from stores where flies abound.
7. Report fly breeding stables to the health authorities.

Remember that over 90% of house flies breed in stables. It takes eleven days for the fly to grow from the egg to the adult. Consequently there would be no crops of flies if the manure were removed once a week. The enforcement of this rule will save the baby.

Remember that flies come to your house straight from the stable and even less attractive places. They walk on the butter, wash their dirty feet in the baby's milk, and wipe them in the sugar bowl.

FILTH FATTENS FLIES.

FLIES KILL BABIES.

COVER THE FOOD — SCREEN THE BABY — CLEAN THE HOUSE—STARVE THE FLY—GET AFTER THE STABLES.

**Save the Baby.**

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## IV. Now That Schools Are Closed

More than three thousand school children were released from school yesterday and have joined the vacation list. Some of them will be busy this summer, but for the others with two months of nothing to do but have a good time and enjoy the long beautiful days—what shall they do?

In this day of the big war nobody "loafs around." Everyone of us from the youngest school child up to the grandmothers and grandfathers can do and ought to do our bit. We ought to be ashamed to call ourselves Little Americans or Big Americans unless we are doing all we can to help win the war.

Our school children all over the country have lately become "Little Citizens"



because they are helping our country. Their work and their help is as much needed as that of the older people. We all know what school girls and boys can do in buying Thrift Stamps because thousands of them have been sold in our schools. This means giving up many things sometimes that those very pennies would have bought.

The members of one little club of girls, only nine in number, have made 3,000 dressings, 48 wash-cloths, 3 sweaters, 12 pairs of socks, 10 pairs of wristers, and 7 sweaters for the Red Cross and our Framingham Hospital. That proves that we do not have to be grown up in order to do our part.

In no way do we need the help of the children, however, so much as in the matter of keeping healthy and strong. On their care now depends the strength of the men and women of the future. All the time we are working for our country we must not forget that one of the most patriotic things any boy or girl can do this Summer is to keep from being sick. It is a waste to pay money out for sickness when it could have been avoided.

Here are ten vacation pledges which every boy and girl should try to keep. Copy this and put it up in some handy place where you can see it often. Put a cross mark opposite each resolution and count up on September first to see how many you have gained. It will be like playing a game with yourself.

1. I will kill every fly I possibly can find, because I know he is too dangerous to live.

2. I will go after every mosquito, because I know they cause malaria. I will clean up the empty tin cans around my home.

3. I will try not to drink out of any old well or spring in the woods, even if I am thirsty. I know that is the way people get typhoid fever many times.

4. I will never throw any old lunch papers around after a picnic, because that is a dirty careless habit.

5. I will try to take a bath every day if I can or three times a week, so my skin can breathe well. I will go as often as I can to a pond or swimming pool.

6. I will remember to brush my teeth twice every day and to have the bad teeth cleaned and filled.

7. I will drink more water than I drank in the winter. I will try to drink six glasses every day.

8. I will remember not to eat so much candy and ice cream. I will need some of that money for my Thrift Stamps.

9. I will wash my hands after playing with my dog or cat, and always before I eat.

10. I WILL TRY IN EVERY WAY POSSIBLE TO BE A GOOD AND HEALTHY "LITTLE CITIZEN."

## V. Safe Milk for the Children

There are two sides to the problem of MILK AND HEALTH. MILK is ESSENTIAL TO HEALTH; milk MAY CAUSE DISEASE.

### I. MILK IS A GREAT FOOD:

1. Milk is a GOOD FOOD, almost the only food which can supply all the needs of the body.

2. Milk is a CHEAP FOOD. You can get as much food in a quart of milk as in a pound of beefsteak. Besides, milk costs 16c, and steak 50c.

3. Milk also contains many valuable salts which growing children have to have to "keep their blood right."

4. Cow's milk is by far the best substitute for mother's milk, if the baby can't be nursed.

### II. MILK MAY BE A GREAT DANGER:

1. The scarlet fever epidemic in Holliston is the result of infected milk. Some of this same milk comes to Framingham, but IS PASTEURIZED. Consequently, Framingham is practically free from scarlet fever.

2. A great many children in Framingham have enlarged neck glands. Some of these are tuberculous, and we know that 75 per cent of tuberculous neck glands is the result of infected milk. Further, about 20 per cent of the cows in Framingham are infected with tuberculosis. To prevent the further spread of bovine tuberculosis among children the milk must be from tuberculin tested cows or pasteurized. PASTEURIZATION KILLS THE TUBERCULOSIS GERMS.

3. Other diseases that may be carried by unclean, infected, and unpasteurized milk are diphtheria, typhoid fever, diarrheal disease or summer complaint, dysentery, septic sore throat, etc. It must be remembered that while milk is a good food for babies, it is also a good food for germs.

The only safe measure against ALL of these dangers is pasteurization or heating (not boiling) to kill the germs.

Framingham housewives should buy pasteurized milk, or pasteurize it at home. Home pasteurization is simple:

1. Provide a pail of water nearly deep enough to cover the milk bottle and pasteurizing thermometer.

2. Put the thermometer in the milk (in the original bottle or other container).

3. Set the milk in the pail of water, having bottle rest on a jar cover to prevent cracking, and heat to 140 degrees.

4. Set off the stove and let it stand for 30 minutes.

5. Cool rapidly with running water and keep on ice or in a cool place.

IN THE UNITED STATES ONE IN EIGHT BABIES DIE YEARLY. IN FRAMINGHAM ONE IN FOURTEEN DIE YEARLY. LET'S MAKE IT EVEN BETTER IN THE "HEALTH TOWN."

FRAMINGHAM IS ONE OF THE BEST PLACES FOR BABIES AND CHILDREN IN THE UNITED STATES. YOU CAN HELP MAKE IT THE SAFEST BY INSISTING UPON PASTEURIZED MILK.

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## VI. The Children's Health Camp

Each summer the Health Demonstration takes about 150 children to the CHILDREN'S HEALTH CAMP in the Fair Grounds Building on Union Avenue.

These children, while not actually sick, are "under-par." They are pale, badly nourished, under weight and under size. They are selected by the Health Demonstration physicians and nurses, by the school doctor, by the school teachers, the local physicians, and others, for the reason that they are the ones that most need fresh air, good food, rest, supervised play, etc.

The Children's Health Camp is a great opportunity to assist those who most need its physical benefits.

One of the advantages of the camp is that it results in the correction of many harmful physical defects. Last summer, for instance, 37 children were found with badly decayed teeth, 24 with diseased tonsils, 30 with enlarged glands, 2 with bad hearts, and 5 with defects of posture—all referred to their own physicians, or to the school and other clinics for treatment.

Most of the children at the camp show a gain in weight. Last year 78 children gained an average of 2 pounds, one child gaining as much as 6 pounds during a several weeks' stay at the camp.

Now it is probable that many Framingham parents will be surprised to learn that at least a half dozen children out of every 50 taken to the camp *have forgotten the taste of milk*, in spite of the fact that milk is absolutely essential to their normal growth.

Many of the children come to the camp after a breakfast of tea or coffee, and fried potatoes. It is very rare to find a family in Framingham or elsewhere, with two or more children, purchasing enough milk to meet the normal nutritional demands of the children.

These are the conditions which create malnutrition among the children and predispose them later to active tuberculosis. The tuberculin survey of tuberculous

infection in Framingham at the beginning of the Demonstration showed that already 33 percent of the children from 1 to 7 years of age had been infected. This did not mean that they had active tuberculosis. It did mean, however, that they needed special care if active disease was to be headed off.

Now, Framingham has an excellent equipment to care for these children. It has infant clinics, a pre-school clinic, school clinics—all acting as guards for the welfare of the children. Yet, in the last analysis, it is up to the parents to see that the children are given proper care.

The Children's Health Camp is in a sense an outpost in this guard line against disease. It selects the most needy cases, it provides special care for them, and detects the cases among the children most needing medical treatment.

The Health Camp is one of the few health activities in Framingham not being carried out entirely under local auspices, and it is the hope of the Demonstration to see the camp established on a permanent basis in Framingham before its work is completed.

THE CHILDREN ARE THE TOWN'S GREATEST ASSET.

# V. Food Hygiene

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## I. Milk as a Food

The housewife should know certain essential things about milk. The Massachusetts State Department of Agriculture has recently presented to the housewives of Massachusetts a series of questions on milk, some of which are as follows:

1. *Is Milk a Food?*

Yes, because it contains essential proteins for building muscles, lime salts for building bones and teeth, vitamins for promoting growth, and fat and sugar for heat and energy.

2. *Do Other Foods Contain These?*

No other food contains all of these in like proportion.

3. *How Does Milk Compare With Meat and Fish as Regards Cost?*

Milk provides the essential proteins at a much lower cost.

4. *Why is Milk Necessary for Bones and Teeth?*

Eighty-five per cent of the mineral matter of bone consists of lime phosphate. Milk furnishes lime in abundance, and it is needed especially by growing children and nursing mothers.

5. *What is the Special Substance in Milk that Promotes Growth?*

Science has proven that there is a so-called vitamin present in whole milk, cream and butter, that is essential to the normal growth of the child. Animals fail to grow when this substance is lacking in their diet.

6. *How Much Milk Should be Used Daily?*

A child needs one quart of whole milk daily, and an adult needs one pint daily.

7. *If one cannot afford Milk, What Other Foods Can Be Used?*

No other foods can take the place of milk. Economize elsewhere, but be sure to use milk at any cost.

*Milk is an economical food, an all-round food, a necessity for all.*

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## II. Meal-Time Maxims

It is not only the children who should take thought how they eat. Adults, all of us in fact, can with advantage observe certain dietary rules. Meal-time habits worth encouraging are expressed in the Chicago Health Bulletin as follows:

1. Come to meals with clean hands.

2. Eat your meals with good cheer. Worry and grief retard the digestive processes.

3. Avoid extremes of temperature in eating. Do not take food and drink too cold or too hot. Ice water, if taken at all, should be drunk before the meal and slowly.

4. Eat bread and raw vegetables at the beginning of the meal—these stimulate the flow of gastric juice.

5. Chew your food thoroughly; your stomach has no teeth. Do not wash down unmasticated food with coffee, tea or other drinks.

6. Do not eat to excess.

7. Appetite and relish are important factors in promoting the flow of gastric juice. Hence, have the food prepared and served in an appetizing manner.

8. Do not eat meat, eggs and other proteins to excess.

9. If you have a feeling of distress or fullness after a meal, your diet or manner of eating needs regulating. If you suffer from belching or regurgitation, you should consult a physician for advice.

10. Do not engage in excessive physical or mental exertion immediately after a full meal.

REMEMBER, TOO, THAT ALL ARMIES, INCLUDING THE ARMY OF INDUSTRY, FIGHT AND WORK "ON THEIR STOMACHS." FOOD HYGIENE IS IMPORTANT IN WAR OR PEACE.

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### III. Twelve Suggestions for Milk Consumers

1. Buy only the best milk obtainable.

2. Remember that milk pasteurized by the dealer or at home is the safest milk.

3. Buy only bottled milk.

4. Take milk into the house as soon as it is delivered, and place it in the refrigerator immediately.

5. Keep milk in the original bottle in the refrigerator until the moment of serving.

6. Keep the bottle covered with a paper cap or an inverted tumbler, to prevent the entrance of flies and dust.

7. Keep the refrigerator clean and sweet by means of proper drainage and frequent washing with scalding water and sal soda.

8. Wash milk bottles as soon as emptied, by rinsing first with luke-warm water and then with hot water.

9. If there is an infectious disease in your home, do not return bottles except with the knowledge of the Health Department and under conditions which it may prescribe.

10. Return empty bottles promptly, and do not use them for anything except milk.

11. Remember that good milk, properly cared for, is one of the best foods obtainable. It is nourishing, digestible, and economical.

12. Remember that bad milk may be the cause of illness and death.

**MORE AND BETTER MILK FOR BABIES, CHILDREN AND ADULTS!**

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## IV. Vitamines

People who read in newspaper articles about the importance of vitamins, and see advertisements of "vitamine rich food" are often perplexed regarding the subject. The following statement may help clear up some difficulties.

It is known from many experiments that no animal can live upon a food which is a mixture of *pure* protein, fats and carbohydrates; and even when the necessary inorganic salts are carefully added the animal still cannot flourish. The animal body is adjusted to subsist either upon plant tissues or the tissues of animals and these contain countless other substances other than the pure proteins, starches, fats and salts.

Three of these active substances have been recognized under the term vitamins, or growth producers:

Anti-scorbutic vitamins which prevent scurvy.

Fat soluble vitamins which favor body growth.

Water soluble vitamins which have to do with appetite.

The presence of all three vitamins are essential to body well being and even though the symptoms of complete vitamine starvation may not be present, nevertheless many vague symptoms of malnutrition often may be due to an insufficiency of vitamins in the diet.

The refined foods for the most part have lost their vitamins; thus our staple foods such as flour, sugar, rice, macaroni, vegetable fats, lard and plain meats and fish are much deficient in vitamins.

Fortunately a comparatively small amount of vitamine is all that is necessary to supply the requisite quantity for the body's development and well being. All of the essential vitamins are to be found in fresh milk, eggs, coarse flours, most vegetables and fruits, especially tomatoes, oranges, grape fruit, lettuce, spinach, cabbage, cauliflower and other leafy vegetables; also peas and beans, and grapes and other fruits. There is, therefore, no need of worry about a deficiency of vitamins when foods rich in vitamins are so easy to add to the ordinary dietary.

# VI. Work Hygiene

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## I. Overwork

"Burning the candle at both ends" is a game that few people can play. There are only a few men who can work all day long, and go home tired, and work again long into the night without breaking down. Some men do this if their night work is a new kind of work which they particularly enjoy. But then it is really play or recreation.

Few men or women can work in factories with much overtime without paying heavily for it. Health is a commodity, our most valuable possession. We cannot afford to spend it, or to spend our time and service if the result is disastrous, no matter what we are paid in wages for our effort. Ten dollars a minute for driving rivets is a very inadequate wage if the job costs us our health.

Work is normal and healthy. It is indeed necessary for the body to work to remain healthy. To over-work is abnormal, and goes contrary to all rules of the body. The human body is like any other machine. It can stand only so much. If you put too big a load upon a wagon it breaks. So with the body; if it is loaded too heavily it breaks down. Of course some wagons are stronger than others, but they all have their maximum point of safety.

There are no rules that will indicate how much work one can do, but everyone knows the point of safety for himself—the point where excessive fatigue sets in. A certain amount of tire is normal, yet nature has provided so that everyone can tell when the over-strain is beginning to tell.

Science says that excessive fatigue, caused by overworking the muscles of the body, produces toxic substances which the body does not have rest and time enough to get rid of. These substances lower resistance to disease. This condition decreases mental and physical efficiency. It leads to poor work, less production, decreased earning power, and may shorten the normal working life of any man or woman.

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## II. Work + Health = Wealth

Everyone knows that good work and good health go together. Poor work may mean an incompetent workman, or a lazy workman, but almost always it means besides a *sick* workman. This applies to the banker as much as to the teamster, and the "sickness" may be physical, mental or moral.

There are of course two kinds of good (or bad) work—mental work and physical work. Now, over-strain or excessive fatigue in either mental or physical



work we all know to be bad for the health. We know, too, that one may get just as tired working with his brains as with his hands. However, hard work never hurt any healthy man or woman, though too much work may do lots of harm.

The way to make work serve health is to know *how and when to play*. Of course some folks cannot relax and play—but they can with great benefit at least change their work. A man who works with his brains should get his recreation, or re-building of his body from working or playing outdoors with his hands; and similarly, the man who works outdoors with his hands will find recreation from working with his brain.

Every man should have some sort of play. What is play for one man may be work for another, but every man and woman should have a play hobby and should follow it enthusiastically.

We all know that for effective work we need health. We all know that health is the basis of wealth. We work for wages in one form or another, and we can buy health (proper living conditions, adequate food, etc.) with wages. But we must spend our income wisely if we are to get out of it health and increased wealth. In this way health and wealth are related. *An adequate wisely spent income is essential to health.*

Yet we must know the value of health and demand it for ourselves if we are going to be able to earn a good income. So, a sufficient income is not only a necessary basis for health, *but health is necessary to earn the income.*

All of us are either on the *descending spiral* or on the *ascending stairway*. The steps in the descending spiral are—*poor health, poor wages, poor health, poor wages*—and they lead to the region of destitution and poverty. The steps in the ascending stairway are —*good health, good wages, good health, good wages*—and they lead to the planes of comfort and happiness. If we are on this stairway work does lead to health and health does lead to wealth.

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### III. The Health of Our Industrial Army

The war has emphasized the value of health, at the front as well as at home. Nothing is of greater importance to the national welfare than the health of the producers in factory or workshop.

In Framingham there are over 5,000 industrial workers. Framingham is providing adequately for the health needs of its 3,000 school children. How can Framingham meet with equal success the health needs of those men and women who are employed in its factories?

Up to the present time many of these Framingham citizens have been examined by the Community Health Station. A large amount of preventable and

curable sickness has been found in this way, and the value of medical examinations demonstrated.

The results here are similar to the army experience, where the Surgeon General has reported that only 4.1 per cent have died of tuberculosis, whereas for the same age group in the civil population the percentage is 34.7. This shows the value of medical care.

At present about half of the industrial population of Framingham has the advantages of medical, nursing, and clinic factory provision. How can those same advantages be secured for every one, particularly those who are working in the smaller factories?

We have a number of school buildings in Framingham, with a doctor and nurse who devote part of their time to each school. Would not the same arrangement be a logical one for the smaller factories?

Does medical supervision in industry pay? A large concern in Holyoke, Mass. has recently added a doctor and nurse to its staff and reports an increase in production of 14 per cent resulting from healthier and happier employees.

The advantages of expert medical care in industry are many:

1. It eliminates the dangers of disease in the factory.
2. It prevents slight accidents and illness from becoming serious ones by prompt attention.
3. It makes the burden of State Accident Insurance less heavy for the employer.
4. It decreases the amount of time lost and increases production and efficiency by preventing sickness.
5. It decreases money lost in wages by the employee.
6. By medical examinations it gets many cases needing medical care under the advice of local physicians, and helps in the factory to adjust the man to the job he is best fitted for.
7. By increasing general well being it improves community conditions and would help in Framingham to establish the "Health Town" on a more substantial and permanent basis.

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THE WAR HAS TAUGHT THE NEED FOR HEALTH. MAY  
OUR WAR DISCOVERY BE OUR PEACE PROGRAM IN  
FRAMINGHAM.

## VII. Summer Hygiene

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### I. Beating the Heat

The usual summer heat has been delayed but has come in all its old time vigor as yesterday's temperature record will show. It now becomes the duty of every one to beat the temperature at its game in every way possible. This we can do by attending to some very simple reminders.

#### IN THE HOUSE:

Keep out the dirty deadly flies. They are our greatest summer menace. Look well to your screens and if the fly does slip in get him with swatter, fly-traps and fly paper. Keep all food clean. Clean food will keep longer than dirty food. Scald your refrigerator weekly and keep the drain well cleaned.

#### IN THE YARD:

You will not breed flies or mosquitoes if your yard is cleaned of all garbage piles, decaying matter, etc. Keep your garbage pails tightly closed.

#### FOR THE MAN:

Keep the surplus fat off your body. Do not overeat—overeating, always dangerous for the sedentary worker, is particularly so in hot weather. No alcohol—alcohol is charged with the responsibility for most cases of sunstroke. Men who do hard muscular labor, while exposed to great heat are liable to severe cramps, especially men who work in furnace rooms and with hot iron. Keeping away from stimulants is an important preventive measure.

#### FOR THE WOMAN:

Do not overload the stomach with sweet "fizzy" drinks that only increase thirst. Dress in light colored, loose-fitting clothes. It is not wise to lie around on the sea beach with head unprotected, exposed to the glare of the sun. Instead of causing the hair to grow as some suppose it in reality causes it to fall out. A tepid bath on retiring is a great sleep producer.

#### FOR THE BABY:

Remember the baby suffers more from the heat than a grown person. Keep your baby in the coolest possible place and in loose garments, the fewer the better. The daily warm bath for the baby is important. Use certified or pasteurized milk and keep it fresh and cool. Be careful to guard the bottle and nipple from the flies.

#### FOR THE CHILDREN:

Instruct the children not to drink at wayside springs, old wells or brooks. You can always suspect such water. A simple and vital rule is to impress on

them the importance of keeping their fingers out of their mouths. Try to see that raw foods and fruit are washed carefully before the children eat them.

Then finally for all of us:

DON'T TALK ABOUT THE HEAT.  
DON'T READ ABOUT THE HEAT.  
DON'T LOOK AT THE THERMOMETER.

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## II. What to do for the Drowned and How to do it

This method of saving the drowned is known as the "Schafer Method," and has been adopted by the Royal Life Saving Society and other agencies. If you are going away to a summer resort cut out these rules and take them with you. Familiarity with them may enable you to save a life.

### RULE 1.

Lose no time in recovering the body from the water. Always try to restore life; for while ten minutes under water is usually the limit, still persons have been resuscitated after having been under water for thirty or forty minutes. Do not lose time by taking the body to a place of shelter—operate immediately.

### RULE 2.

Quickly lay the person prone, face downward with stomach resting on a barrel or roll of clothing, so the head will be lower than the rest of the body and water will run out from throat and lungs. Wipe dry mouth and nostrils. Wrap the corner of a handkerchief about the forefinger and clear the mouth of all mucus and slimy substance back as far as the top of the throat. Rip open the clothing on chest and back and keep face exposed to air. Separate jaws and keep them apart with cork, stone, or knot in a handkerchief.

### RULE 3.

Remove the roll of clothing from underneath the stomach of the patient. Kneel by the side of or across patient. Place your hands over the lowest ribs. Lean forward and put your weight straight over the lowest ribs. Exert this pressure for three seconds. To count three seconds, say: "One thousand and one, one thousand and two, one thousand and three."

### RULE 4.

Do not remove the hands from the ribs; but release the pressure from the

ribs for two seconds, by squatting backward. To count two seconds, say: "One thousand and one, one thousand and two."

#### RULE 5.

Again exert pressure straight over the lowest ribs for three seconds, as described in Rule 3; then again release pressure for two seconds, as described in Rule 4. Alternate thus (three seconds pressure and two seconds release) about twelve times a minute, until breathing is restored. This method of resuscitation at once expels water and produces the identical results of normal breathing.

#### RULE 6.

If another person is at hand to assist, let him do everything possible to keep the body warm, by sheltering it from the wind, rubbing hands and soles of feet, making hot applications. Camphor or ammonia may be applied to nostrils to excite breathing. Warm the head nearly as fast as other parts of the body to avoid congestion.

#### RULE 7.

Send for a physician as soon as possible after the accident. After breathing is restored, remove the patient to a warm bed where there is free circulation of fresh air. Administer in small doses stimulants (hot coffee, ginger tea) being careful not to let the patient choke or strangle. There is danger that the patient may suffer congestion of the lungs and have great difficulty in breathing. When this occurs, a large mustard plaster should be placed over the lungs.

Seven thousand lives are lost in the United States yearly from drowning. To keep from drowning, it is advisable but not necessary to know how to swim. One finger placed upon a piece of board, an oar, a paddle, will easily keep the head above water. Breathe, and keep a cool head, and you will be able to keep your head above water until help comes.

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AS FAR AS YOU ARE CONCERNED, THE BEST WAY TO PROTECT YOURSELF FROM DROWNING IS TO LEARN TO SWIM. NO ONE HAS AN EXCUSE FOR NOT KNOWING HOW TO SWIM IN FRAMINGHAM, FOR IN ADDITION TO NATURAL ADVANTAGES, WE HAVE THROUGHOUT THE YEAR THE CONCORD STREET BATHING POOL WHERE ONE MAY BE TAUGHT UNDER EXPERT DIRECTION HOW TO SWIM.

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### III. Health Through Daylight Saving

Now is the time to learn to enjoy outdoor life.

Now that daylight saving has added an hour of daylight to the later after-

noon we should all, if possible, try to spend this extra hour in the open air. In the crowded East Side or the congested North End this might be difficult advice to follow. In Framingham, however, we are blest with the most fortunate opportunities for recreation and healthful outdoor living. What are some of the ways that we can advantageously spend this extra hour of daylight:

1. For many it would be a desirable thing to walk home from work rather than to ride in the crowded public conveyances.

2. The cultivation of a garden will be both healthful, pleasurable and profitable.

3. A picnic supper with the family in the open country is possible for practically everyone in Framingham, for it is only a few minutes walk to the open fields from any part of town.

4. Why not form a walking club? Walking will contribute largely to the promotion of health and outdoor life.

5. No community in the world has within its own borders more beautiful facilities for boating and canoeing than is available in Framingham on the Sudbury River.

Hygienic living must ever be the underlying basis for disease prevention. In the fight on tuberculosis, while the *infection* is almost universal, only a few people, relatively, get the *active disease*. Why is it? Certainly partly because of the way they live. We have to lessen the strain of life, and improve the method of living. One way of doing this is for each of us to take advantage of this extra hour of daylight. It is really a peace time duty.

**"THE PRESERVATION OF NATIONAL VIGOR SHOULD BE A MATTER OF PATRIOTISM."**—Theodore Roosevelt.

## VIII. Personal Hygiene

### I. Personal Hygiene

Robert Louis Stevenson has said:

"I am set up at the cross-roads to warn you; and I say unto you, keep well; and I say to you again and again, keep well."

This is a message to all of us, for we are all responsible for our own health. When we realize this, and appreciate the value of health to economic welfare and happiness, we shall be more careful to preserve this, our greatest asset.

In civilized countries, in the prevention of health, personal hygiene is the all important factor—in school, shop, or the *home*. The home should be the Castle of Health, yet it is the source of much preventable disease.

There are both good and bad *home health habits*. Here are seven of each kind—one for each day of the week, all good for every day.

#### Habits to Scorn

1. Don't use the common cup.
2. Don't permit the common towel.
3. Don't give the children tea or coffee.
4. Don't let in the disease-causing flies and mosquitoes.
5. Don't fail to wash your hands before you eat.
6. Don't allow dry sweeping.
7. Don't cough and sneeze carelessly.

#### Habits to Form

1. Keep the food cold and covered.
2. Buy milk—it is the cheapest and best food, at least a quart for each child daily.
3. Sleep eight hours with the windows open.
4. Brush the teeth after meals.
5. Bathe at least twice a week.
6. Maintain home cleanliness and safety, by the use of soap and water, fresh air and sunlight.
7. Have an annual medical examination, and follow your doctor's advice—it may add years to your life.

"HEALTHY HOMES MAKE HAPPINESS"

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### II. How to Live

Robert Louis Stevenson said that it was not life but *living* that counted.

More recently Professor Irving Fisher of Yale has remarked that only one

per cent of our people really *live*. The rest simply *exist*, because they forget to practice the rules of hygiene.

Down in North Carolina they are very much interested in health, in how North Carolina can be made a better place to *live* in. Recently the North Carolina State Board of Health published these rules for living—rules that ought to be useful in Framingham as well:

#### AIR—RULE 1.

##### Ventilate Every Room You Occupy.

All windows throughout the house should be opened every day. The air in the house should be kept as pure as the air outdoors.

#### AIR—RULE 2.

##### Wear Light, Loose Clothes.

The skin should be kept clean and warm and should have air. The clothes should not be tight. Porous cloth should be worn, i.e., so loosely woven that air can blow through it.

#### AIR—RULE 3.

##### Spend Time in the Open Air in Winter as Well as in Summer.

Fresh air is just as necessary in the winter as in the summer. Even if the outdoor air is cold, damp or foggy, it is generally healthier than indoor air.

#### AIR—RULE 4.

##### Have Lots of Fresh Air Where You Sleep, or Sleep Out if You Can.

A third of one's time is spent in bed, and during this period one should have plenty of fresh air. If sleeping inside, all the windows in the bedroom should be wide open. Night air is not injurious, it is beneficial.

#### AIR—RULE 5.

##### Breathe Deeply.

Breathing should be deep, slow, regular and through the nose, not through the mouth. If occasional deep breathing is not practiced, part of the lungs may become useless.

#### FOOD—RULE 6.

##### Avoid Eating Too Much.

Heavy meals should be avoided just before heavy work or when very tired or overheated. It is then sometimes better to skip a meal or to eat only fruits and salads.

#### HABITS—RULE 7.

##### Have Your Bowels Move at Least Once Each Day.

Headache is often caused by sluggish bowels. Food is the natural laxative. Often the bowels do not move because not enough bulky food has been eaten.

#### HABITS—RULE 8.

##### Stand, Sit, and Walk Erect.

The proper position in both standing and sitting is chest up and arched forward, shoulders back, stomach in.



**HABITS—RULE 9.**  
**Avoid Poisonous Drugs.**

Some of the most common of habit-forming drugs are cocaine, heroin, alcohol, opium, and acetanilid. They are poison and should be carefully avoided. Many patent medicines contain such drugs and are consequently very dangerous.

**HABITS—RULE 10.**  
**Keep Clean.**

The daily bath is desirable. The hands should be washed before eating.

**ACTIVITY—RULE 11.**

**Work Hard, but Play, Sleep and Rest, Too.**

“All work and no play makes Jack a dull boy.” To be healthy and happy we must all work, but we should also rest and play.

**ACTIVITY—RULE 12.**

**Be Cheerful and Learn Not to Worry.**

The mind and the body work together. Forget your worries. The secret of life and of happiness seems to be in taking one's life and work cheerfully.

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### **III. A Big Concern and the Dental Clinic**

Some years ago a large concern employing an office force of about 5,000, established a dental clinic. It was hoped by means of this dental clinic to diminish the amount of time lost by the employees from tooth ache in its various forms. Simple tooth aches lead to poor work and irritability of temper, and are not conducive to smooth working office conditions. Ulcerated teeth cause absence from the office and disruption of routine business. At the end of four and one-half years of observation of the work, the management was convinced that not only for the above reasons was the establishment of this clinic justified, but the general health of those who systematically used the clinic was improved, and they had less headache, neuralgia, pains, colds, etc. than those who made no use of the clinic. Consequently without the request or even the knowledge of the dental staff the following notice was issued:

“The services rendered by the Dental Division have been so curative of impaired health conditions and so permanently helpful to the employees who have taken advantage of the opportunities offered, that henceforth every employee will be required to undergo examination and cleansing of the teeth in the Dental Division twice a year. If the service of the family dentist is desired rather than that of the clinic dentists, such examinations and cleansing by him will be accepted, but the employee must furnish a satisfactory certificate from him that the required work has been done.”

This shows the way in which hard headed business men judged the result of

dental work. It was optional at first and the health and efficiency of the employees using the clinic were compared with those who did not. That led to the general definite order to all the force.

IN ADDITION TO ONE'S GOOD LOOKS AND COMFORT, IT PAYS FROM A DOLLARS AND CENTS POINT OF VIEW TO HAVE A CLEAN MOUTH AND GLISTENING WELL CARED FOR TEETH.

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## IV. Bite the Bubble

"Bite the Bubble."

This is a warning which should be heeded by all who drink daily from "sanitary" fountains. Unless the warning is heeded you or your neighbor may be exposed to the danger of sore throat, grip or bronchitis.

This does not mean necessarily that the "bubble" fountain is not sanitary. It is in principle, and most of them would be in practice—if the people who use them were careful and considerate of others.

But many people when they drink from a fountain such as the one on the Framingham Common on Concord Street have the careless habit of placing their lips on or around the metal nozzle from which the water spouts. The result is that a great many of these fountains instead of being as "sanitary" as their name implies, are, in reality, constantly infected with disease breeding germs and in some instances have been known to be the direct cause of epidemics.

Not long ago an investigation was made of 77 drinking fountains in use in a certain city near to Framingham. These fountains represented fifteen different types, all of which were found to be improperly constructed. The bacteriological examinations conducted on these fountains showed that 80 per cent were infected with germs and that water from 11 per cent of these fountains contained germs that were not present in the water supplied to the fountains from the regular city supply.

As a result of this investigation, it has been suggested that the most practical construction of a fountain to prevent such infection is one in which the water is discharged from the fountain at such an angle that the consumer can drink without actually touching the piece of metal through which the water comes. This will eliminate the possibility of water falling back from the mouth and carrying mouth infections on to parts of the fountain at or near the point of discharge.

So, until the time comes when "fool proof" fountains are in use, the person who has any regard for his own health or the health of others will take care when drinking at a fountain to "bite the bubble."

MAKING IT EASY TO SPREAD DISEASE TO OTHERS IS THE VERY HIGHEST TYPE OF SELFISHNESS.

## V. "The Old Roller Towel"

Common utensils are vehicles of disease. This is true of common cups, handkerchiefs, towels, etc.

Tuberculosis, typhoid fever, and other diseases may be spread in this way. Disease germs have been found on common towels. Even if this were not so, decency would dictate the suppression of the common towel.

Georgia White in writing for the Randolph Herald, has attempted to express her feelings, in reference to the common towel, in verse. There are few good poets in public health work, and Georgia White is not one. Yet she does "get over" several useful points.

### The Old Roller Towel

How dear to our hearts are the things of our childhood

When fond recollections present them to view!

The old district schoolhouse, the pail and the dipper,

The same cud of gum which in turn we would chew.

No fear of a microbe ever beset us,

No state board of health interfered then at all;

We bathed dirty faces in one common basin

And turned to the towel that hung on the wall.

The old roller towel, the stiff roller towel,

The germ-laden towel that hung on the wall.

Of crash was this towel, in gen'rous proportion

And never was changed more than once in a week;

We turned it around and used it all over,

And for a dry spot it was idle to seek.

With use and abuse it grew grayish in color,

Acquiring an odor exceedingly rank;

By Saturday night it presented a surface

As hard and unyielding as any inch plank.

The old roller towel, the stiff roller towel,

From which the fastidious foolishly shrank.

But now it is gone, vanished out of existence,  
By virtue of power which the board of health holds;  
No more can we bury our streaming wet faces  
Within its bacterial, dangerous folds.  
No longer we meet with the discolored banner,  
Which hung from a roller nailed up on the wall;  
On clean huckabuck, initial embroidered,  
We wipe away tears which intrusively fall  
For the old roller towels, the stiff roller towels,  
The germ-laden towels that hung on the wall.

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The roller towels are against the law in Framingham and if you know of any, report them to the Board of Health and thus help to protect yourself and others.

"It is better not to wash at all

IF YOU WIPE YOUR HAND ON A COMMON TOWEL."

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## VI. Five Filthy Fingers

Did you ever make a diary of your fingers? Did you ever set down in cold black and white the things your fingers touched every day, and did you ever consider the number of times daily that your unwashed fingers sought your mouth, or handled things which go into your mouth?

When surgeons discovered that it was their own infected fingers which carried germs into wounds, they set about trying to discover a way to render their hands surgically clean, that is, free from germs. This was found to be impossible, and the surgeons finally took to wearing rubber gloves which could be boiled.

One of the great agents in the spread of those diseases whose germs are present in the secretion of the mouth and nose, is the human hand. If saliva were bright green we would be amazed at the color of our fingers and at the amount of it which is about everywhere. As a matter of fact, most of us carry our fingers to our mouth and nose many times daily, there to implant the germs of disease which other careless people have spread about, and there to collect a fresh cargo of infectious material to scatter for somebody else.

It is true that most germs of disease die quickly when they leave the human body, but our hands frequently help to make the passage of the germs from one body to another a very brief one.

### What Is the Answer?

1. Let us try to teach our children (and ourselves) to keep our fingers out of our mouth and nose.

2. Let us insist upon facilities (hot water, soap, and individual towel) for thorough hand washing, in schools, work places, homes, etc.

The famous Dr. Osler once said: "Perhaps the most important agents in the spread of disease are *flies, food, and fingers.*"

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WASH YOUR HANDS BEFORE YOU EAT! .

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## VII. The Mouth

Do we realize sufficiently that the mouth is the chamber through which must pass everything that is necessary to sustain life and build up the body? In the mouth the food is chewed and mixed with saliva—the first step in digestion and an important step too.

All this being true we must realize that in this process of chewing or mastication as it is termed, all the foods are directly affected by the condition of the mouth. If the gums are foul and full of pus, if there are cavities in the teeth in which bits of food are retained and decompose, the food in its passage through the mouth becomes contaminated and mixed with the pus from around the teeth and the bacteria from the cavities in the teeth.

Thus the food, contaminated with the bacteria and pus, is taken to the stomach.

The moral is, keep the mouth clean and stop the constant swallowing of disease material. At the same time relieve yourself from reflex nerve irritation which comes from inflamed gums and broken down teeth. In addition, in a certain number of cases, obscure general symptoms will be relieved by proper dental treatment which may include a study of the roots of the teeth by means of X-ray. Such radiographs may show pus cavities and bone destruction about the roots of the teeth.

In the properly studied cases the cures are sometimes almost miraculous.

Children's teeth should be cared for. It is for this reason that the school dentist has been introduced into the schools. If he sends home word that care is needed heed his request and send your child promptly to your dentist for treatment.

BRUSH YOUR TEETH AT LEAST ONCE A DAY. LET YOUR DENTIST LOOK THEM OVER AND PUT THEM IN ORDER TWICE A YEAR. SEE THAT THE CHILDREN DO LIKEWISE.

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## VIII. Self-Doctoring

Possibly in Utopia the ailing always go to their medical advisers, no matter how trivial the ailment; but we are not living in Utopia. Yet all self-doctoring is

risky and carries with it the possibility of injury. In spite of this we persist in "doctoring" ourselves. Few persons suffering from a passing attack of constipation go to their physician for a prescription; they go to the drug store for a cathartic. Yet the abuse of cathartics is one of the most perniciously widespread evils of self-drugging. This is because the ill effects are not immediately shown and are not definitely traceable to the cathartic habit. The rational treatment of most cases of constipation may not call for any purgative drug, yet most of us will take such drugs until we are better informed.

The danger of self-treatment of any disease condition lies not only in the lack of knowledge regarding the action of the drugs taken, but in the probability of an error of diagnosis. What may be self-diagnosed as a simple sore throat may in reality be the onset of a malignant case of diphtheria. What may be thought to be a simple cold may actually be the first symptoms of measles or small-pox.

But assuming that, under present economic conditions, a certain amount of self-drugging is inevitable, what class of remedies should be used? Every drug store in the country has on its shelves preparations that are moderate in price, non-secret in character, and not advertised so as to cause the purchaser to magnify trivial ailments and dose himself unnecessarily. These preparations are some of the simple official products from the U. S. Pharmacopeia or the National Formulary whose standards of strength and purity are constant and enforced by law. In using such non-secret preparations, should the self-treated ailment not respond, the doctor will be better able to tell whether the symptoms he finds are due to the disease or to the drugs that have been taken.

Yet all self-doctoring carries with it a certain degree of danger. The human body is a complex machine whose tendency in sickness is usually to get well. In the vast majority of instances of mere passing indispositions the taking of drugs hinders rather than helps the return to normal. In nine cases out of ten we should recover from our minor ailments more quickly if, instead of taking drugs, we would slightly modify our dietetic and hygienic habits.

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GO TO YOUR OWN DOCTOR REGULARLY FOR  
EXAMINATION AND ADVICE!

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## IX. The Family Physician

It is the wise family that has a general practitioner who watches over the whole family, attending to their minor ailments as conscientiously as to their graver maladies, and taking on the duties of friend and confessor, as well as physician in charge of a serious illness. In this way he knows about his patients, their diseases

of infancy and childhood, their personal habits, home surroundings, and early occupations, and is able then to treat his patients when an emergency arises. He always has at his call consultants, specialists, and laboratory workers, to help him in time of need, and it is a sign of wisdom and knowledge, rather than of ignorance, when he calls such assistance.

Of recent years doctors have devoted themselves largely to surgery and the study and treatment of obscure forms of disease and laboratory investigation. Consequently, the scientific value of the work of the general practitioner has been underestimated. Recently one of the world's greatest physicians has not only called attention to the possibilities for more advanced scientific work being done by the general practitioner, but has shown his faith in his ideal by giving up his London work and going into general practice in a remote rural community.

All forms of physicians are necessary for the well being of any community, and especially happy is that town where there are a number of well trained general practitioners who are alive to the advances of modern medicine, and are able to make use of the assistance of specialists and laboratory workers in their diagnosis and treatment of obscure cases.

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## X. Rest—Vacations

At this time when vacations are all the order of the day, we here and there run into a man or woman who boasts that they never have had a vacation and don't see the need of all this racketing around. In spite of these protests against a popular desire for vacations the people are generally right in demanding vacations. The fact that some people abuse their vacations and that some persons get along without them is no argument against the general need of rest, change of environment or occupation, or both. Many people get so tired that they cannot look at their life work from a correct point of view. They keep ceaselessly at their work, complaining all the time that they are so necessary that they must work and with the same breath say they are not accomplishing anything. What they need is a vacation and a change of scene.

Advice for such a person must come from the outside, from a partner, a friend, or a physician, for the person himself is often too tired to judge properly in matters so vitally concerning his welfare.

The need of such expert advice has been recognized in some industries and the men in charge of departments are being looked after by medical experts to see that their mental alertness is kept at the proper pitch by sufficient and well-timed rest periods.

# IX. Community Hygiene

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## I. How Much Is Life Worth?

Cold-blooded statisticians say that a human life is worth \$3,000. Your life is worth more than that to you, and the lives of your children infinitely more.

Even at this low valuation, however, human life in the State of Massachusetts is worth *twelve billion dollars*.

What are the human life assets of Framingham? On the \$3,000 basis the human life in Framingham is worth approximately *fifty-one million* dollars. How much is it worth to insure the safety of these assets? How much money would a business corporation invest in protecting and increasing the efficiency of machinery worth this much money? Health is one of the cheapest things in the world to buy—ininitely cheaper than disease. Anybody, or any community, can afford to be healthy, but only the rich can afford to be sick. Certainly Framingham is not investing too much by way of insurance against loss in human life value.

Let us remember, too, that while *life* may be worth \$3,000, *happy living* is worth a whole lot more. Let us remember, with Robert Louis Stevenson that "It is not life, but living" that counts.

Life is an abstract thing, as little loved as death is feared by normal healthy people with any measure of youth retained.

Living is real, concrete, and vital. Let us remember that our infants are living in their cradles, our school children are *living* in their schools, and our factory workers are *living* in their industries.

The best investment for any community is the money properly spent to improve *living*, playing, and working conditions. This is not only essential to the community's physical welfare, but is fundamental to the realization of the best community spiritual life.

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## II. The Dangers of Breaking Quarantine

We used to think that disease was spread by refuse and foul odors, and was acquired from garbage dumps, and other unsightly places. We used to think that bad plumbing had something to do with disease, but we now know all of these things are insignificant, as compared with contact between sick and well children or adults.

The old-fashioned Board of Health still spends a goodly portion of its money for plumbing inspection, though this work should be done by other city depart-



ments. The old-fashioned town is also likely to spend very little on human inspection, such as the medical inspection of school children, for instance.

Fortunately, Framingham has recognized the importance of human medical supervision, and in the contest between soil pipes and "wind pipes," the odds are now in favor of the latter, as regards proper attention.

In the medical supervision of its school children, the state and nation may well be proud of Framingham. Framingham is attending to the important things for the prevention of disease.

However, the school and public authorities cannot do it all. The effectiveness of disease control among children must depend after all very much upon the mother. We must all remember that a child with a cold, or with even a light attack of contagious disease, such as measles, whooping cough, etc. may be a most serious menace to other children, if she is allowed to break the isolation rules recommended by the health authorities.

We read recently of a little girl who had a light case of measles. She did not feel sick at all, so she was allowed to go out and play with the other children before she was entirely over it.

She went to Sunday school and gave the disease to five others, one of whom nearly died, and one became deaf. These gave it to 19 more, of whom three died, one had intestinal ulcers, one developed tuberculosis, and two had troubles with their eyes.

She also played with her baby brother—and the baby got it and died.

She went to visit her little cousin, who caught the disease, and then gave it to her father, who was sick for five months afterwards, and ultimately lost the hearing of his left ear.

*And all this woe grew and grew because one household let its child break quarantine.*

THE PROTECTION OF THE PUBLIC HEALTH, AND THE MAINTENANCE OF PERSONAL HYGIENE, ARE, IN THE END, "UP TO YOU."

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### III. "When Is a House Not a Home?"

Any good dairyman knows that certain things are necessary if he is to produce good milk. Clean pails are required, plenty of hot water, clean hands, and clean cows. In addition, while not essential to pure milk, light airy stables are certainly good for the cattle.

To raise healthy children we need at least as many essentials in the homes. We need a chance to practice cleanliness. This means an adequate water supply, proper method of sewage disposal, facilities for bathing and hand washing, a

proper place for food storage, etc. Most important of all, we need to *know* those things which are dangerous to health, and to practice hygiene.

Out in Illinois, where there is an active State Department of Health teaching hygiene to the people of the state, the Health Editor of the Illinois Health News has recently contrasted a *home* with a *house*, as follows:

**H**ONEST CONSTRUCTION WITH GOOD  
SEWERS AND WATER SUPPLY.  
**O**PPORTUNITY FOR FRESH AIR  
SUNLIGHT AND HEALTHFUL LIVING.  
**M**ORAL DEVELOPMENT IN CLEAN  
UNCROWDED ROOMS.  
**E**NOUGH SPACE FOR PLAY ON  
EVERY LOT.

VS

**H**YGIENE AND SANITATION  
IGNORED.  
**O**VERCROWDED ROOMS AND NO  
CHANCE OF PRIVACY.  
**U**NSANITARY TOILETS AND  
UNVENTILATED LIVING ROOMS.  
**S**HORTAGE OF AIR SPACE AND  
PLAYGROUND.  
**E**VASION OF REASONABLE  
BUILDING REGULATION.

---

Everyone in Framingham knows that there are many homes in Framingham not all that they should be. This is not always the fault of the people who live in these homes. To some extent it is a matter of original equipment. It is of little use to preach health, if an inadequate equipment for living makes the practice of health impossible.

All Framingham citizens can help to improve this situation by backing any movement that aims at a better sanitary equipment for Framingham homes.

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## IV. Flies—Filth—Fever

### We Have Two National Enemies—The Hun and the Fly.

Look the fly over carefully and get a picture of him fixed in your mind. Don't for a moment forget that he is one of the most dangerous criminals at large.

He has been found to be our worst enemy at home, has been convicted of the deaths of countless innocent babies and children and yet, he lives, and is allowed to multiply.

He is so largely responsible for typhoid fever that he has come lately to be known as the "typhoid fly." He can be blamed for many other diseases, as summer complaint, dysentery, cholera infantum. He is a great carrier of the germ of tuberculosis from the sputum of infected persons to those in good health.

His very place of birth is a filthy manure pile, dump heap or out-house. From the time he is hatched out of the egg he begins to feed on dirt and filth right around him and from that time on his life is one of eating dirt and distributing germs.

He is absolutely without a conscience. He travels gaily from the dump heap to the cuspidor, to the dining room, the kitchen, the baby's crib, and the sick room. He wipes his germ-laden feet on the sugar bowl, the baby's milk and the food on the table, all the time spreading disease.

His feet are covered with fine hair and it is easy for him to carry a million germs around on each foot.

What can we do to destroy this pest at home? Our boys at the front have gone after the Hun in numbers of a million, and it is a case of "all together" in order to win. That is the way we must go after The Fly—an entire country must wipe out his breeding places and kill his descendants wherever we see them.

### **The Only Secret of How to Get Rid of Him is Cleanliness**

Some of the methods of going after him are:

By looking daily after garbage cans.

By cleaning cuspidors carefully.

By keeping them out of the sick room.

By covering and screening all food.

By going over screens carefully and closing holes where flies may enter.

By sticking to it until every breeding place is cleaned up and all flies are dead ones.

**DON'T LET THAT FLY BECOME A GRANDFATHER.**

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## **V. Clean Up!**

Some weeks ago the Board of Health called on all good citizens to clean up. Have you done it? Not merely have you clipped your grass for Decoration Day and Bunker Hill Day, but have you really cleared away the tin cans, filled up the holes about the house, and removed all the filth and garbage which may have collected? Did you cut down the low bushes or tall weeds?

Do you really understand why the Board of Health made this request? It is not merely for the good looks of the town, but to protect you and your neighbors from flies and mosquitoes.

Mosquitoes breed in pools of water, in tin cans partly filled with water and other containers. They rest during the day protected by tall weeds and low bushes to come out and fly about at night! Mosquitoes are a nuisance and disagreeable. In addition we have in Framingham the "anopheles" mosquitoes which transmit malaria. Hence from the health point-of-view the desirability of doing away with all breeding places and places where they may find refuge during the day. Because of the wet season there are many of these pests already about—give them as little chance as possible to increase.

Flies breed in various kinds of filth and the house flies especially in horse manure. Hence the desirability of keeping everything clean about the stables and the homes to avoid a pest of flies. Further, flies light on all forms of food and animal refuse and then may track that refuse over the food in nearby houses. Not a pleasant thought.

You should see to it that both the front and back yards are kept clean, that the garbage is collected regularly; if it is not, report it to the proper authorities. In order to keep these pests, the flies and mosquitoes, away from yourselves and food, see that the houses are as thoroughly screened as possible. Clean up and screen so that we may have uncontaminated food for ourselves and children, as well as comfort without flies and mosquitoes.

## X. Special Diseases

### I. The Common Cold

The most prevalent source of infection that we have at present is the common cold. During the summer months this affliction has been less in evidence. As fall approaches, however, and we are more shut up in our homes, factories and schools, because windows must be shut and the fires lighted there is less chance for ventilation and the so-called cold begins to be common indeed. The familiar symptoms of sneezing, running noses, tickling sensations in the throat with later some cough—all accompanied by chilly sensations and general mean feeling, are set up by a number of causative agents, some of which are not fully understood.

Colds should be taken more seriously than usually is the case, first because many of the most serious diseases especially in childhood as, for example, infantile paralysis, are ushered in by what appears to be a common cold; second, because they are at times very infectious and frequently sweep through a household, a school-room, a store or factory, and in their course some of the cases develop into serious conditions; third, because they directly and indirectly cause great discomfort and even suffering and economic loss of time to the individual and to the community.

Many people who have repeated colds have some local trouble in their nose or throat that acts as a starting place for these infections. Such people need to be treated by their physician or a nose and throat specialist for the healing or removal of this point of infection. Therefore it is wise to have a careful nose and throat examination if you are a sufferer from frequently repeated colds.

Bacteria play a part in all colds; nevertheless in many instances exposure to cold and wet at times is the starting point of the infectious cold, and hence the name "cold." We say we are chilled. This is because chill causes a disturbance of the circulation and the heat regulating machinery of the body; this allows the bacteria which are almost always present to get started as an infection, at first local, and later becoming general in the more severe types of colds.

### Prevention

There are a few rules of hygiene that are of unquestionable help in preventing colds; first, do not live in a dry over-heated room. If you are moving about do not have the temperature over 65 and under no conditions have it over 70. It is also necessary to have adequate ventilation that will allow for fresh out-of-door air to be admitted to the rooms. If possible some moisture should be supplied to the air. Constipation also predisposes to colds and should be combatted by proper hygiene and dietary measures. A daily tub or sponge bath or a dry rub

with a coarse towel will help get the circulation of the skin in such good condition that it will be able to resist the action of chill, whether following exposure or due to cooling off after getting overheated by exercise.

A day or two of rest early in the course of a cold will do more to hurry convalescence than medicine without rest.

IF YOU HAVE REPEATED COLDS VISIT YOUR PHYSICIAN AND HAVE HIM SEE IF THERE IS ANY LOCAL CAUSE WHICH CAN BE REMOVED.

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## II. Don't Let the Flu "Come Back"

Health Boards throughout the state are reporting that a number of new cases of influenza are appearing. There has been in fact a moderate recurrence of the disease here in Framingham. All of this is probably the result of relaxing our precautions too soon, and may perhaps follow the meetings and celebrations at the time of the armistice.

Let us remember that the epidemic has taught us one thing in particular; namely, that the best insurance against disease is to protect ourselves from the nose and throat discharges of other people. In simple words this means: avoid the careless cougher and sneezer.

It is too soon to relax in our precautions. In fact, it is always too soon to discontinue the practice of personal hygiene. The same rules which will prevent influenza will also prevent other respiratory diseases such as colds, tuberculosis, etc. The chief precautions are given in a new set of rules just issued by the Surgeon General of the United States Army:

1. Avoid needless crowding—influenza is a crowd disease.
2. Smother your coughs and sneezes—others do not want the germs you throw away.
3. Your nose, not your mouth, was made to breathe through—get the habit.
4. Remember the three C's—a clean mouth, clean skin, and clean clothes.
5. Try to keep cool when you walk and warm when you ride and sleep.
6. Open the windows—always at home at night; at the office when practicable.
7. Your fate may be in your own hands—wash them well before eating.
8. Don't let the waste products of digestion accumulate—drink a glass of water on getting up.
9. Don't use a napkin, towel, spoon, fork, glass or cup which has been used by any other person and not washed.

10. Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your prisoner.

11. When the air is pure breathe all of it you can—breathe deeply. Remember this too:

If you have had influenza, look out for bad after effects. Tuberculosis frequently follows the disease. The thing to do is to have a thorough medical examination as soon as you have thoroughly recovered, and particularly if you feel “run down” and do not “come back” with your usual “pep.”

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### III. Heart Disease in Children

Following acute localized tonsillitis, children—or adults for that matter—may develop a severe general infection, which may show itself by painful swelling of the joints and so-called acute articular rheumatism, and in a certain number of instances the inside lining of the heart and the heart valves are also infected. After a more or less prolonged sickness, the child apparently recovers, but a second examination of the heart will show that it has not returned to its normal condition. The heart muscle is weak, the valves are rough and do not close accurately. Hence the pump—in other words the heart—is working at a disadvantage.

Now is the critical time in this child's life. He is tired of the confinement of the prolonged and painful sickness and wants to be about and romp and play with his fellows. If he tries to run and keep up with healthy youngsters, he puts a strain upon his heart muscle, making it work at a still greater disadvantage, and as a result there will develop a permanent valvular defect in the heart that will last through life, and in all probability shorten it. There is only one way to prevent this unhappy outcome and that is *enforced rest over a long period of time*. Rest can rarely be carried out in a busy household, especially if there are other healthy, husky youngsters. Such cases require the utmost care in handling, and frequent advice from the family physician. If properly treated, even apparently badly damaged heart valves return to a practically normal state.

EVERY ACUTE INFECTION, ESPECIALLY EVERY CASE OF TONSILLITIS, SHOULD BE CONSIDERED SERIOUS, AND THE HEART SHOULD BE LOOKED TO BEFORE THE CHILD IS ALLOWED TO TAKE ON ITS NORMAL LIFE AGAIN.

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### IV. Typhoid Fever and Vacations

Typhoid fever is one of the rapidly diminishing diseases, and to the ordinary stay-at-home person it is practically a negligible health risk. This happy result

has been brought about by the pasteurization of milk supplies, the installation of public water supplies and from jealous protection of these water supplies by the authorities having them in charge, and more lately by vaccination against typhoid fever. The success of this latter expedient has been proved beyond all question by the experience of our armies on the Mexican border in the height of the ordinary typhoid season, and in the great armies of Europe where this former scourge of camps became a minimum source of trouble.

The danger at the present time to exposure and infection is small, excepting where one is infected through milk or water, or through food contaminated by some person who has typhoid, or who is a carrier. A carrier is a person who having recovered from typhoid continues to harbor the typhoid bacilli in his intestinal track for a long period of time, sometimes extending to many years. These bacilli, harmless to the carrier, nevertheless are virulent and able to cause the disease if allowed to contaminate food and milk used by well persons.

It has been determined from epidemics that about one person in forty develops this peculiar characteristic and becomes a carrier.

## VACATIONS

The person who is to go away on a vacation, rapidly changing hotels and boarding houses, is much more exposed to the possibility of typhoid than if he stayed at home. The traveler may run into some cook who is a carrier and so contaminates his food, or be forced to drink water upon trains or from wayside wells where the possibility of contamination is considerable. This danger increases as one goes into the more distant states, or neighboring countries. Persons expecting to go for their vacations to the backwoods or distant points of travel should protect themselves in the best way possible, namely by being vaccinated against typhoid fever. It is good insurance, for typhoid is a dangerous and very expensive disease to have.

The laboratories of the State Department of Health of Massachusetts furnish free to all physicians of the state the material necessary to produce immunity against typhoid. There is no sore or scar produced by this vaccination.

**ASK YOUR DOCTOR TO VACCINATE YOU AGAINST  
TYPHOID FEVER!**

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## V. Scarlet Fever

It has long been noted and recorded that different epidemics of the same disease in the same community vary greatly in severity. At times we have a very virulent epidemic which kills a large number of people. At other times, though the numbers infected are fully as large, the death rate is almost negligible.



Scarlet fever appears to be at the present time of very mild severity. The older portion of the community has looked upon scarlet fever as one of the very dangerous infections of childhood, and in the past there have been epidemics where one-third of the patients attacked have died, but at the present time not only does the contagion appear to be mild, but the virulence of the disease even milder. Nevertheless one cannot predict that this mildness of infection may continue, and what has happened is one of the puzzles of present day medicine. Various theories have been advanced, none of which appear to explain the riddle.

Although this has been the state of things throughout the country, nevertheless several cities, and a few of the army camps during the recent war developed outbreaks of scarlet fever of the old time severity and high mortality.

Although the danger appears to be small, nevertheless for the benefit of the whole community quarantine regulations should be carefully enforced and carried out by every family having the disease.

The parents of children who take scarlet fever, even in a light form, should remember that severe kidney trouble often develops from mild attacks, and as soon as convalescence is assured, and before the child is allowed to resume all of his general activities, the parents should be assured by the physician that the kidneys too are in a normal condition.

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## VI. Small Pox

In many parts of the United States, and in fact throughout the world, *small pox is on the increase*. Reports by the local government board of London, other reports from the Philippines, from Texas, California, and many American states show this increase.

Small pox has been dormant throughout the world for a number of years, the disease has been mild, and the death rate remarkably low in comparison with its old frightfulness and loathsomeness.

Before vaccination was introduced in 1798, small pox was a disease of childhood and practically every adult had a history of the disease. The discovery of vaccination made it possible to confer an artificial immunity, so that the disease was brought under control. *If small pox is not again to become rampant, and if it is really to be wiped out, vaccination must continue for many years.*

In the epidemic in California in 1918, out of 770 small pox cases, the relation of the disease to vaccination was as follows:

Vaccinated successfully two years previous	. 1 case
Vaccinated successfully five years previous	. 2 cases
Vaccinated successfully six years previous	. 1 case
Vaccinated successfully over seven years ago	. 48 cases
Never successfully vaccinated	. . . 718 cases

Our forefathers respected small pox. Vaccination has lessened its frequency and severity for us and has made us indifferent to it. Consequently, fewer people get vaccinated than was formerly the case. Many are vaccinated in childhood, but it must be remembered that this holds good for only five or six years. *Therefore, at the present time there are probably more people in the world who are susceptible to small pox than there have been at any time during the past few centuries.* This is a serious matter, and may be the soil for a tremendous outbreak.

The value of vaccination cannot be doubted. The statistics of the recent world war are most convincing evidence as to the value of vaccination. The armies on both sides were thoroughly vaccinated and deaths from small pox have been practically unknown. Compare this with the last war over the same ground. In the Franco-Prussian war of 1870-71, the Prussian army, with over one million in the field, all thoroughly vaccinated, lost only 297 men from small pox; while the French army of which only about one-third was successfully vaccinated, had over 23,000 deaths from this disease.

The moral of this is, for all adults, and for all unsuccessfully vaccinated children:—

*Get vaccinated at once by your own physician or at the Board of Health. Don't wait for the epidemic. Don't wait until the scare comes—then it may be too late for you. Do it now!*

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## VII. Vaccination

Soon will be time for opening of the schools and many parents will be disturbed because their child must be vaccinated in order to attend school.

"Why vaccination anyway?" is the question often asked. "There is no small pox, and even should a case crop out the disease is no longer severe and there is no danger even of disfigurement." This is not wholly true. Severe cases occur along with the mild ones, and one never can tell when a severe or even fatal case will arise.

Massachusetts is protected at present from a severe epidemic because of the fact that vaccination has been on the whole well carried out in years past. Nevertheless it is well to know that in June of this year over 600 cases were reported in Illinois and 400 in Indiana, with other states running up into the hundreds.

No one has a right to endanger the community because of his or her fear or dislike of vaccination. They have the protection of the other vaccinated persons and must contribute their share to the general safety. Recently the Illinois Board of Health reported that small pox in one county of that state was spread because it was declared at a public meeting that an eruptive disease was not small pox and

vaccination was unnecessary. The cost of this misguided information measured in dollars and cents would have maintained a well conducted health department for a number of years.

On the value of vaccination as a protection, a recent article by Dr. Walsh, Diagnostitian and Consultant of the Department of Public Health in Philadelphia, stated that no vaccinated child in his city under seven years of age has died of small pox since 1872, while 810 cases of unvaccinated children have been treated with a mortality of 45 per cent or 366 actual deaths. Vaccinating would have prevented those 366 deaths and saved the illness to the children and the distress of mind to the parents, to say nothing of the actual expense incurred for the 810 cases.

During Dr. Walsh's fifty years of service, he has never seen a person connected with the hospital, who was vaccinated or re-vaccinated before taking service, contract small pox, though all of the persons so employed were in intimate relationship to small pox patients.

In Massachusetts the state provides the vaccine and therefore the state is the guarantor of its purity. The methods of preparation in use at present and the antiseptic care in the process of vaccination reduce to a minimum any possible danger from the operation and also minimize the liability of disfiguring scars.

Attend to this matter now so that the children may enter school promptly.

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## VIII. Measles

Measles is a nuisance. It breaks up schools and makes families with children much trouble. There is a feeling in a community that measles is of no importance—that all children should have it and get over it, that it is more severe in grown-ups than in children and therefore it is desirable that people should have the disease in their childhood. There is a certain truth, and there is a certain fallacy in these ideas. Most people are protected by one attack of measles from a repetition of the disease, but there are many cases on record of second and third attacks. Adults are apt to feel very sick and miserable with a severe outbreak of measles. This is very true, but they seldom die.

Now the trouble with everybody's having measles is that in a given number of cases a case of pneumonia is sure to develop, and among the pneumonia cases there will follow a certain number of deaths. Indeed the number of deaths attributed to measles is by no means small. In the first few years of life measles is very fatal. In the city of New York in the nine years, 1910 to 1918 inclusive, there were 5,432 deaths from measles in children under five years of age, which represented 94 per cent of the total number of deaths from this cause in all

age groups. Over 4,000 of these deaths occurred under two years of age. Therefore, the important thing for all mothers is to see that the little children are protected at all hazards from all chances of infection. This done, the amount of unhappy consequences from measles will be greatly avoided. If children develop measles, carry out the quarantine regulations of the Board of Health as carefully and cheerfully as possible, so as to protect the little children in the community from a disease which may result most disastrously to them. It is only by so doing that we can cut down the death toll which measles makes every year in our community.

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## IX. Malaria

Malaria was at one time widely prevalent in this part of Massachusetts. While improvement in sanitary conditions has for the time being largely eliminated this disease, it can "come back." This must be guarded against. All things considered, malaria is probably the most extensive and most serious disease in the world today. It makes the tropics uninhabitable for white men and holds back civilization wherever it prevails. Unless guarded against, it tends to return as has been indicated by the recent experience in Italy. Before the war malaria was practically wiped out. In some of the cities in Italy, in 1918, after a period of negligence as regards sanitary conditions, the death rate from this disease ranged from 200 to 300 per 100,000 population.

Regarding malaria, the Public Health Service of the United States has recently said:

1. Between six and seven million people in this country suffer from malaria each year.

2. The ravages of small pox, typhus, cholera, and yellow fever are as nothing when compared to the wide devastation wrought by malaria.

3. There is practically no instance known of a community thriving where malaria prevails.

4. Recent surveys in the south show that the crop yield by plantations where malaria prevails is only a fraction of what it normally should be.

5. There is little railroad business or in fact any other industry in those sections of the south where malaria is very prevalent.

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Malaria is acquired in only one way, namely, by the bite of the malaria mosquito. To make absolutely sure regarding the diagnosis of malaria, it is usually necessary for the physician to examine the blood of the patient under the microscope, where he will find the organisms causing the disease.

A successful fight against malaria is a fight against mosquitoes, and will eradicate other mosquitoes as well.

Measures that are necessary in the anti-mosquito fight are as follows:

1. The elimination of all stagnant pools of water. Mosquitoes breed in stagnant pools. This can be accomplished by draining and filling in. Where that is impracticable, the covering of the surface of the water with a thin film of crude oil will prevent the mosquito wrigglers from developing into adult mosquitoes. Small fish such as the star headed minnow are also used to stock pools where mosquitoes breed, for the fish live on the mosquitoes' larvae.

2. The elimination of neighborhood breeding places. Many of our domestic mosquitoes are "home grown" and develop in catch basins, blocked rain leaders, tin cans, etc. This is really up to the individual householder.

3. Screening. The screening of houses, particularly of sleeping rooms is essential as a measure of protection against those mosquitoes that cannot be prevented from breeding. It is worth while to take effective measures against mosquitoes, even though there is at present little danger from malarial infection.

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## X. Poison Ivy, Oak and Sumac

Now is the time when, wandering over the fields, picking berries or in search of flowers and pleasure we run into poison ivy. It is everywhere, at the roadside and along the walls and fences. A little later with the oncoming of frosts, the leaves of the poison ivy and sumac take on most brilliant hues and are picked by those not knowing them, with most disastrous results. Our hands usually escape, except between the fingers, but with these same hands we are apt to infect our faces and other parts of our body by contact. Children who run barefoot usually escape because of the toughness of the skin of their feet and legs.

How to prevent ivy poisoning: first, learn to recognize it and keep away from it. If you are obliged to handle it or fall into a bed of poison ivy keep your hands away from your face and arms and other parts of your body.

As soon as you get home wash thoroughly with soap and water and a scrubbing brush—your hands first, then your arms. Then wash the face carefully with soap. Be careful to rinse all the suds off with plenty of water. If the skin shows signs of beginning irritation, wash with alcohol and soap and water, rinsing off with plenty of water so that the poison dissolved in the alcohol shall not be spread. If done early enough the irritation will be stopped. If it is not and the small water blisters appear and tend to run together, before you have tried to do anything you had better seek the advice of your physician at once.

## XI. Mental Hygiene

It has been estimated that there are two insane and four feeble-minded individuals for every 1,000 persons in the general population of the United States. Field investigations by officers of the United States Public Health Service indicate that in school children the rate for feeble-mindedness will average eight per thousand.

The medical examinations of registrants in the first selective draft showed that out of each 1,000 men examined 24 were denied military duty because of nervous or mental disorders. Other cases were unrecognized or developed under stress of military training and warfare, necessitating their return home.

From infancy to old age much can be done to prevent mental disease. Many forms of insanity if discovered in their infancy can be helped and arrested. The principles of mental hygiene are often neglected, they are so obvious and familiar.

Children should be allowed to express themselves, and their control should be natural and not one of repression. The child naturally concentrates on the thing at hand, and he should be encouraged to do this. There are many trying periods in child life. They have their worries and their fears. If these worries and fears are met and overcome in a natural way with the occasional helpful advice of the parents the child soon meets difficult situations in the right way. Never ask a child to act contrary to his conscience or do a thing contrary to his sense of honor.

In adolescence and adult life there is also need for mental hygiene. The adolescent should be taught a healthful attitude toward life, to take the knocks and the disappointments as a part of the game, to play to win but if one loses, and lose one must, to take it as a part of life and go at it again.

The adolescent and the adult should not harbor thoughts of revenge for wrongs or fancied wrongs and should not always be looking for slurs and injustices to harbor in the mind.

Meet the world with a smile, accept the hard knocks and plan to rise above them.

We all believe in hygiene. Let us practice it physically and mentally.

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## XII. Social Diseases

At last the country knows the truth about venereal disease.

### **The War Has Done This For Us.**

The army examinations have disclosed hundreds of thousands of cases, and we now know that the venereal disease problem is one of the greatest health problems.

During the twelve months ending September 1918 there were 170,000 cases of venereal disease in the forces of the United States, causing more than one-fourth of all the sickness in the army and navy.

Surgeon General Gorgas of the United States Army stated in Washington not long ago that if he could choose between the elimination of venereal disease as a cause of military inefficiency, and all the wounds and injuries received in battle, he would choose the former.

Where did most of these cases come from in the army? They came from the civil communities. Out of 200,000 cases of venereal disease in the army, five-sixths of them were brought in from civil communities in the draft, and only one-sixth was acquired in army life.

These diseases cause more suffering and death than small-pox, diphtheria, and infantile paralysis, combined and multiplied several times.

Syphilis is responsible for one-half of all the abortions, miscarriages, and still-births.

Gonorrhea is responsible for 80 per cent of the blindness of the new born, and 25 per cent of all blindness.

Approximately 25 per cent of our institutional inmates are there as a result of these diseases.

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### **What Can We Do About It?**

1. We can support our state health authorities in the campaign for the reporting and surveillance of these diseases. We can encourage the enforcement of the law regarding proper care of the eyes at birth, to prevent blindness.

2. We can insist on responsible medical treatment for all afflicted, in contrast to the dangerous and destructive quack medical and drug store "remedies."

3. We can encourage a sane enlightenment as the best safeguard. This means education regarding the facts, and the elevation of individual and social moral standards.

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In Framingham, fortunately, as a part of the health organization of the Civic League, we have an alert and sympathetic venereal disease committee. Framingham citizens can aid this committee in the educational work it is doing through the press, the theatres, the pulpits, the factories, etc.

Thus Framingham citizens can help their own committee toward the solution of one of our greatest post-war reconstruction problems.

# XI. Health and the War

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## I. Health—The Child's Part

There is in Framingham a certain boy, a Health Crusader aged 10 years, who has the right idea about how children can serve their country during the war.

Last spring when the Health Crusaders were writing compositions this boy sent in a poem only four lines in length and here it is:

“What can be done for his country,  
By a little boy like me?  
Why he can keep himself as clean  
And well as well can be.”

This boy put into those four lines the whole story of the part every boy and girl must take in this war. Your fathers, some of them, are over there fighting for you and for your country. The fathers of many more of you will be going over soon. Your mothers are doing their part in the home by saving food and coal, in the Red Cross rooms, in a hundred different ways they are serving, but what of you?

You children of Framingham are as important as any grown-up person in helping to win the war!

The boy who wrote that poem knew and we all know that the biggest thing children can do to help gain victory is to keep themselves well and strong. He knew that a boy or girl of ten cannot fight or do the work of grown men and women, but they can keep strong. The country needs them to join the Children's Health Army.

A great deal of money spent for sickness is unnecessary and it often means just that much more money taken away from Liberty Loans or Red Cross work. That tiny bad place in your tooth is an enemy to health and should be taken care of before it gets so large as to mean a heavy expense. That bad cold can be cured quickly before it gets deep enough to send you to a physician. There are many places you can find to help in this way by being careful right at the start.

You are not asked to do heavy things or big things, but any boy or girl can live up to the Health Crusader rules and keep his body so strong and clean that no disease can enter. Of course you remember those rules you read and promised to keep. If you have kept them faithfully then you are ready to enter the Children's Army of Health and if you have not kept them I hope you are going to start in at once, for you are needed by your country and there is a place in the Health Army for the children of Framingham.



## II. Save Food for Fighters

In buying food, do you know where to buy and what to buy?

In choosing a food store, cleanliness is important. The wise grocer knows that **CLEAN FOOD PAYS**, for it prevents waste and gets customers. The customer should remember that dirty food is wasteful because it is more likely to deteriorate. She should also remember that dirty, dusty, fly specked, much handled food may carry tuberculosis, typhoid fever and diarrheal disease or summer complaint. Let us avoid the combination of the **THREE DANGEROUS "F's"**: Filth—Food—Flies.

We can also save food for fighters by eating the right things. It is important in war time to buy and eat without waste. **WE CAN EAT LESS AND BE HEALTHIER IF WE EAT RIGHT.**

The United States Government has recently published a book by Professor Graham Lusk called "Food in War Times." This book emphasizes the following things:

1. Let no family buy meat until it has bought three quarts of milk.
2. Save the cream and butter, and eat oleomargarine, olive oil, or cotton seed oil.
3. Eat meat sparingly, rich and poor, laborer and indolent alike. Meat does not increase the muscular power.
4. Eat corn bread. It saved our New England ancestors from starvation. If we eat it we can **SEND WHEAT TO FRANCE.** Eat oatmeal.
5. Drink no alcohol.
6. Eat corn syrup on cereals. It will **SAVE THE SUGAR.**
7. Eat fresh fish.
8. Eat plenty of fruit and vegetables.

Those who are fat because they eat too much should remember that it is now unpatriotic and disgraceful to be over-fed. We pick "a lean horse for a long race."

**THE HOUSEWIFE WHO HAS THIS SUMMER CONSERVED FOOD BY CANNING IT IS DOING HER BIT TO "CAN THE KAISER."**

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## III. Stick to Your Job—It Is the Way to Help

America's victory depends upon you and your job.

America has only one job on hand—winning the war. This is the **BIG BUSINESS** of every American.

To win the war America must develop and equip the mightiest army the world has ever seen.

To supply this vast fighting force with the essentials of victory, America's production must reach its greatest magnitude.

America has the man-power necessary to win, but our soldiers cannot win unless Americans Over Here stand by.

The bloodiest battles of the war are at hand. Hundreds of thousands of American soldiers will be in the fight. They will do or die for America.

American soldiers will remain on their job to the finish—they could not do otherwise and be loyal.

American workers should also remain on their jobs to the finish—they must be loyal to our boys who are fighting and dying "Over There."

It's the grim and determined American in fighting uniform and in working clothes who will win the war.

Listen to this message from the Secretary of Labor: "TILL THE WAR IS OVER THE PATRIOTIC THING TO DO IS TO STICK TO YOUR JOB."

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## IV. Let's Have a Garden!

Why not? A garden this year is an investment with a three-fold yield.

1. It will be the means of helping to relieve the food situation.
2. It will yield good health and recreation.
3. It will yield material return in garden stuff.

It is good wholesome recreation for the tired man in an office or factory all day. Many a man will tell you he looks forward to the end of the day's work when he can get home to work in his little patch. Many a woman finds there the cure for the tired aching nerves that she couldn't cure otherwise. It is just good fun for the youngsters. Some of the school and community gardens cultivated entirely by school children last year were remarkable.

The women and children of Europe have learned that work and service are not alone for the men at the front, but that they can do a most important part by their work in the home garden. From daily experience we are discovering that "the destiny of nations may be determined not so much in the storm of battle as in the silent miracle of a field of potatoes."

Then the joy-giving return of actually producing something! To be able to see in object form the result of our own individual work is part of the pleasure, and a big part in doing it. It is a real human feeling of flattering oneself. Almost every one is familiar with the trade-mark of a certain well known seed house which shows a man trundling a barrowful of potatoes he has raised in his garden. The smile of satisfaction seen on his face is one we all wear when we feel we have wrought something worth while with our own hands.

Nor is that the end of gain. The moral support it gives a man, woman, or child in these days to know that he is helping his country even in a small way is not to be estimated. It doubles his pride in his country and makes him conscious of the fact that the big job of winning the war does not, indeed, can not, rest alone on the khaki-clad soldiers of the Army.

### **Framingham Community Gardens**

There is no need for anyone to say they have no ground for a garden this year. There are community gardens enough for all. Application should be made to Mr. C. C. Clement at the Food Center on Kendall Street. His telephone is 949-R and he is in his office from 7 to 8 every evening to talk with people who wish to secure one of the Community Gardens. The plots of ground are free and the plowing is done without any charge.

A HOE HAS TWO ENDS—ONE END FOR PRODUCING GARDEN TRUCK—THE OTHER FOR PRODUCING HEALTH. TRY IT ON THAT LITTLE PATCH BACK OF THE HOUSE.

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## **V. The Flu and the Liberty Loan**

Two important duties present themselves today to the people of Framingham:

We must control the influenza epidemic

and

We must subscribe to the Fourth Liberty Loan.

To delay is dangerous in either case, for both we must do for the sake of our boys at the front.

The safety of our nation depends on community defense against disease at home as well as on success in the struggle against Prussian autocracy abroad. Through the development and extension and improvement of the public health we can build up the national forces that can win the war.

How can we assure the safety from disease of the men being sent to the front save by constant battle against disease here? We can send them letters that "all's well at home" and in this way make them contented peaceful-minded soldiers. Everyone knows that it is hard to put the whole spirit into the fight when worries are continually in the mind. If all is well with those at home that makes of the soldier a fifty per cent better fighter. We must keep well for his sake.

There is another side to the picture; how can we assure their safety over there? We can subscribe to the Fourth Liberty Loan and give them something to cheer about even as they have been giving us something to feel proud of when we have been reading the daily bulletins from the front. They will be just as proud of our backing the loans as we are proud of their victories in the field.

A winning battle against the influenza must be waged quickly for it does its work speedily and with no respect as to persons. A Loan drive to be effective must be waged early for nothing is so stimulating as first-day subscriptions.

The two duties come to you individually and personally.

Are you working for both?

They are both duties of practical patriotism, the kind that shows itself in personal effort and denial and not in the shouting of songs and the waving of flags.

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## VI. War Work Campaign

The War Work Campaign means physical and moral Health for the boys "Over There."

After fighting stops and fighting morale relaxes, they will need our help through the "Y" and other agencies more than ever before.

Give them a bit of home at the front and during the tedious wait for demobilization.

Give until you are happy.

If one day's pay a month for three months does not make you happy, give more.

"Help to help the fighter fight;  
Give him a hut and he will write."

REMEMBER THIS IS "SEVEN IN ONE."

GIVE ALL IN ONE HAT

FOR THE

1. Y. M. C. A.
2. National Catholic War Council (K. of C.)
3. Y. W. C. A.
4. Jewish Welfare Board
5. Salvation Army
6. War Camp Community Service
7. American Library Association

You can "keep 'em smiling" and bring them home in health and happiness if you help the United War Work Campaign.

NOW GIVE!

## VII. Join the Red Cross Why?

1. Because the Red Cross did as much as any other one agency to *win the war*. Dr. Farrand, the head of the Red Cross, said recently that the Red Cross in preceding the army to France in 1917, was the main element in holding up a tottering France, and in preventing her collapse in the face of the Teuton menace.

2. Because the job of the Red Cross in Europe is not ended. *It stands* between large sections of Europe *and starvation*. The starving women and children of many of our allied and neutral countries are still being greatly aided by the Red Cross.

3. Because, through the Home Service, there still remains a big war job to do at home, *particularly for the returning soldiers*. This war job at home is not yet finished—see it through!!

4. Because it is our great national insurance against disaster from fire, famine, or flood. The Red Cross is the ever watchful and ever helpful friend of the afflicted.

5. Because the Red Cross has entered another war, the greatest war of all—the struggle against disease and premature death. Your help is needed in the *fight for health*—the Red Cross Peace Time Crusade.

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THE GREATEST MOTHER OF THE WORLD NEEDS YOUR  
HELP IN PEACE, NO LESS THAN WAR!!

## **XII. Miscellaneous Health Talks**

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### **I. "Healthy Homes Make Happiness"**

#### **Our Slogan**

Let us get acquainted with the slogan adopted by the Community Health Station for Framingham. Allow us to introduce you to the idea and the thought conveyed in the words at the top of this Letter:—

#### **"Healthy Homes Make Happiness"**

In our slogan contest conducted through the News, this slogan selected by the committee as the best, was sent in by Mr. William Cunningham of 76 Waverley Street, who won first prize. The second place was awarded Mrs. Lillian Gorman of 20 Harrison Street and the third to Samuel T. Elkins at 48 Clark Street.

We believe the prize winner has hit upon the main idea in building up healthy homes, for the home that is not healthy can no more be happy than a diseased body can be a perfect body. Bad temper, which so often makes a home unhappy, is sometimes merely a symptom of bad health, fatigue or worry. The "blues," anger, hate or envy may be the plainest signs of physical disease, oftentimes preventable or curable.

When we consider the low cost of good health we realize at once that healthy homes are within reach of all, for although we hear much of the high cost of living we overlook the fact that many of the best things of life can be had for nothing:

It costs no more to take deep full breaths than shallow ones.

It costs no more to stand up properly than to slouch.

Fresh air and sunshine in the home are free.

Good wholesome food costs no more than food poorly selected.

It costs only a little more time to eat slowly.

Water for daily cleansing costs but little.

It costs nothing but some self-control to have a cheerful disposition and to stop having grouches.

**HEALTH IN THE HOME IS THE PRICE OF HAPPINESS  
AND IT IS WORTH ALL IT COSTS.**

---

## **II. Lloyd George on Health**

### **No. A-1 Nation With C-3 Men**

In a recent speech Lloyd George, the great English leader, sounded a solemn health warning for England. The English warning should be America's lesson.

Lloyd George's opinion carries greater weight than any one man's in the world today, with the single exception of Woodrow Wilson's.

The following phrases are quotations from the great British premier:

"To be thoroughly equipped to face any emergency of either peace or war, the State must take a more constant and a more intelligent interest in the health and fitness of the people. You cannot maintain an A-1 nation with a C-3 population."

\* \*

"Care for the health of the people is the secret of national efficiency."

\* \*

"If the State had properly looked after the fitness of the people, England would have had one million more fighting men at the front."

\* \*

"With our machinery we take the greatest care. Man is the most delicately constructed of all machines. It is bad business not to look after the men, the women, and, if I may say so, above all the children."

\* \*

"Bad health for the nation is bad business for all."

"There ought to be a more intelligent organization of the forces which have specially in charge the health of the nation—national, municipal, medical."

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Lloyd George's warning to England and America should have a special significance for Framingham. The "Health Town" has entered upon a campaign to carry out the greatest lesson of the war—the peace health program. England and America are looking to Framingham for leadership and direction in the international effort to prevent waste in human resources.

President Wilson also referring recently in France to the subject of disease prevention, called upon the resources of the scientific world to meet the scourge of unnecessary disease and death. He stated that a "mightier field of investigation and endeavor was never entered upon by man."

FRAMINGHAM HAS THE OPPORTUNITY TO MAKE PERMANENT ITS LEADERSHIP IN THIS MIGHTY FIELD.

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### III. Life, Liberty, and Happiness

LIFE, LIBERTY, AND HAPPINESS, THE UNALIENABLE RIGHTS OF EVERY AMERICAN, DEPEND ON HEALTH, PHYSICAL AND SPIRITUAL. YET EVERYWHERE WE STILL PERMIT *LIFE* TO BE SACRIFICED TO PREVENTABLE DISEASE, *LIBERTY* TO BE THROTTLED BY UNNECESSARY SICK-

NESS, AND *HAPPINESS* TO BE DESTROYED BY NEEDLESS DEATHS OF LOVED ONES.

PREVENTABLE DISEASE IS UNAMERICAN. TO RESIST OR OBSTRUCT EFFORTS TOWARD DISEASE PREVENTION IS THE GROSSEST UN-AMERICANISM.

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"Hygiene can prevent more crime than any law."—Hugo Munsterberg.

"A State which will not prevent what can be foreseen is open to indictment."  
—Hugo Munsterberg.

"There is a budget which we pay with frightful regularity: It is that of unnecessary disease and premature death."—Irvin Fisher.

"Health is the essential factor in productiveness, prosperity and happiness, and hence in the advancement of civilization."—Sir Frederick Treves.

"You cannot go far if you don't keep fit."—S. J. Crumbine.

"Give him air, he will soon be well."—Wm. Shakespeare.

"Putting your pencil or pen in your mouth is a bad habit—why not overcome it? It is not only an infantile and uncleanly habit, but a dangerous one."

"Elbow grease is one of the best disinfectants. It is the cheapest, safest, and within the reach of everybody."

"Nearly all contagious diseases leave their mark on the heart, lungs, kidneys, or other organs."

"All health laws are for the benefit of the community as well as for the individuals."

"Which is more economical: to devote the necessary time and money needed to prevent disease, or to maintain hospitals, sanatoria, asylums, and other public institutions to care for the victims of disease?"

HEALTH FIRST FOR FRAMINGHAM!

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## IV. Healthgrams

Nature has the same system as your bank when it comes to overdrafts.

Filth Fattens Flies.

Exercise in the garden is better than exercise in the gymnasium.

Here are four things that need to be kept clean: the milk can, the dishcloth, the kitchen sink, and your temper.

Dirty hands spread much disease.

You will very likely prevent a "breakdown" if you are examined twice a year by your physician.

Sedentary habits shorten life.



Don't put anything in your mouth except food and a tooth brush.

Peace hath her health problems no less than war.

Health is not put up in bottles and cannot be purchased at drug stores.

Preventable diseases kill more people than preventable accidents; therefore join the "Health First" movement.

Half of the blindness in the world could have been prevented by prompt and proper care.

Without health you are bankrupt, regardless of how much money you have in the bank.

A clean tooth never decays.

Disease is the nation's greatest burden.

It is easier to retain than to regain health.

Disease germs, like criminals, hate the light and work best in crowds.

The cow is the foster mother of far too many children.

The employment of growing children is like the felling of young trees.

INDIVIDUAL AND COMMUNITY HEALTH IS THE  
NATION'S GREATEST ASSET.

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## V. Health Fun

### Good Cheer Makes for Good Health

Mushrooms can live in a cellar, but who wants to be a mushroom?

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#### ONLY TO PURIFY THE BLOOD

"Hab yo' any medicine dat will purify the blood?"

"Yes," answered the druggist. "We keep sarsaparilla, at one dollar a bottle. It purifies the blood and clears the complexion."

"Well, boss, hasn't yo' sumfin fo' about 50 cents, jess fo' the blood? I don't keer about de complexion." — (*American Journal of Public Health.*)

\* \*

#### HOOVERITIS

Each paper, book and magazine

Sprouts upward like a geyser

Recipes for saving things;

We're growing thin and wiser!

We salt down beans, dehydrate greens,

Store up foods like a miser;

We're going to preserve the world,

*And also can the Kaiser.—(Minn. Health Journal).*

## CAPTURED

Officer: "How did he get into that condition?"

Private: "He captured a bottle of whiskey, sir."

Officer: "Yes, yes; but how did he manage to do that?"

Private: "I think he must 'ave surrounded it, sir."

—(*Texas Medical Journal*)

\* \*

## THE WISE (?) MAN

He spent his health to get his wealth,

And then, with might and main,

He turned around and spent his wealth

To get his health again. —(*Buffalo Sanitary Bulletin*)

\* \*

## WHY THEY MERELY NOD

Young Mother: "The doctor says people shouldn't kiss the baby; it isn't sanitary."

Caller: "Poor little fellow; why don't you wash him?"

—(*American Journal of Public Health*)

FRAMINGHAM IS HELPING TO WIN TWO GREAT WARS  
—THE WAR AGAINST THE KAISER AND THE WAR AGAINST  
DISEASE. REMEMBER THAT HEALTH MEANS VICTORY.  
JOYOUS VICTORY!!

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## VI. Health Logic

"It is each one of us as an individual citizen upon whom rests the ultimate responsibility."—Woodrow Wilson.

## SAY YOU, KEEP WELL!

Keep well during the war. Your country needs your very best services now as never before. Sick people are liabilities. We need good strong, health assets to win this war. Conserve your country's medical service. The army and navy need every available doctor at this time. Spend your money for thrift stamps and Liberty Loan Bonds. Uncle Sam will take care of all the doctors he can get. Keep well! It is your everlasting patriotic duty. —(*N. C. Health Bulletin*)

## FOLLOW THE DOCTOR'S ADVICE!

If you want "pep," keep your system "hitting on all cylinders."

If you need a doctor, select one in whom you have confidence and then follow his advice.

Good health is 100 per cent efficiency—not merely absence of sickness.

—(*Buffalo Health Bulletin*)

\* \*

## THINGS GOOD FOR BABY:

### 1. Sunlight

Celery bleaches in the dark.

America wants no bleached babies.

### 2. Fresh Air

Do you give Baby stale milk—or stale water?—then why stale air?

\* \*

## THE LOW COST OF HEALTH

"We hear very much of the high cost of living, but we overlook the fact that many of the best things of life can be had for nothing.

It costs nothing to stand up and walk and breathe properly.

Fresh air in the home is free.

No expense to taking a few simple exercises every morning."

—(*New Haven Health Bulletin*)

\* \*

## INFLUENZA—STAMP IT OUT!

*The Clam*

Keeps His Mouth Shut

Did you ever

see a sick one?

—(*War Camp Community Service*)

\* \*

## FRAMINGHAM MOTTOES:

"The Health of the Home Army Will Win the War."

*Two War Obligations:*

"Keep the Home Fires Burning."

"Keep the Homes Healthy."

"Disease Prevention is an Essential Community Measure in War and Peace."

"All for *HEALTH* for all."

"HEALTH FIRST FOR FRAMINGHAM."

## VII. Health Quotes

### PRESIDENT WILSON ON TUBERCULOSIS

"It is a cause in which the whole nation should be and I believe is interested. It is certainly one which is, in the view of every thoughtful person, of the most serious consequence to the whole country."

\* \*

### GERMS VS GERMANS

"The folks who died of tuberculosis last year are as dead as if the Germans had killed them. Yet fewer died last year than ever before. Are you helping to increase the decrease? It is your patriotic duty to do your bit and your best in the fight against tuberculosis."—Dr. L. M. McBrayer, Asheville Sanatorium, N. C.

\* \*

### TUBERCULOSIS CAMOUFLAGE

"*Camouflage* has been practiced by all peoples in all times. The word means deception. Tuberculosis is frequently camouflaged by typhoid, malaria, nervous breakdown, grippe, pleurisy, etc. *Be not deceived.*"

\* \*

"In the great war Germany had no more powerful and no more faithful ally than *tuberculosis.*"

\* \*

### SCHOOL HEALTH

"The health movement in our public schools has been transformed during the past decade from a purely negative movement, having as an object the avoidance of disease, to a splendidly positive movement, having as its aim the development of vitality."—Dr. W. S. Rankin, Raleigh, N. C.

\* \*

### HABITS IN HEALTH

"Organized society may buy clean pure water, and it may purchase a successful food inspection. It may purchase the extinction of the malarial mosquito. But it cannot buy habits of personal hygiene that produce human health, and it

cannot purchase health habits that give the individual resistance to disease. *That's up to you.*"—Dr. T. A. Storey, Albany, N. Y.

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"*Every good project* can be judged in two ways: first, by its friends; second, by its enemies. The character and personality of those who oppose a good movement, often constitute its most conspicuous commendation."

"A good word always helps; yet, 'every knock is a boost.'"

ALL FOR HEALTH FOR ALL IN FRAMINGHAM.

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## VIII. Merry Christmas

The Health Station extends to News' readers, the people of Framingham, its most earnest Christmas greetings. May *prosperity* and *health* bless the day for everyone!!

Among the material joys which brighten the Day, or the deprivations which for some cast a shadow of sorrow, let us not forget that we celebrate the birth of the world's greatest Teacher and Saviour. Our commemoration is one of the spirit, and therefore one in truth.

Let us remember that this great world figure instructed us to "*work for good*"—community good and personal good. Even though He sometimes preferred a negative *statement* of this principle, such as "resist not evil," His *example* teaches us the value of not wasting our time "resisting evil." He urges the use of time and effort in constructive, creative, tolerant, hopeful purpose.

Be a pusher, a booster, and work in the cause of the common good—not a lamenter, a pessimist, or a chronic kicker or oppositionist!! Such is the practical every day application of Christmas principles.

May the Christmas Season bring to our minds fresh realization that the Leader we all recognize demanded a life of love and brotherhood, of service, and of struggle toward perfection, personal and social.

What has all this got to do with community health? **EVERYTHING!!** Fundamental to a perfected social order, basic in any scheme of individual growth or community organization is *health*.

A Framingham that can carry the spirit of Christmas through the year, that can pull together for the health of the community, can teach applied Christianity to the rest of the world.

MERRY CHRISTMAS!!

## IX. Happy New Year

To the people of Framingham the Community Health Station extends its wishes for a happy, prosperous, and *healthy 1920*. It is the time for resolutions—for swearing off, and *swearing on*. "Swearing on" is more hopeful, for we stand a bigger chance of starting a *new good habit*, than of breaking an *old bad habit*. So, the Community Health Station has adopted a few resolutions—not new, really, but they will always stand reinforcement. We invite our friends and neighbors in Framingham to encourage us by adopting them, too, and by setting us an example, if the resolutions are approved:

1. May we have faith in Community Welfare, and believe that all are working for it according to their lights.

2. May we save our energy for constructive work with those who see a common path, and not waste our strength in resisting dishonest antagonism, or petty, selfish, evil attack.

3. May we have the same consistent attitude toward coöperation and opposition—that of sympathy and Christian toleration—fortified by the faith that the new year is always a better year than the old.

\* \*

Three years ago the Health Station started in Framingham. Enough has been accomplished to justify three to five years more of work for community health and tuberculosis control.

Only less possible than the past success would have been, will future progress be, without the coöperation and aid of Framingham citizens and agencies.

### 1917-1919 STEPS:

1. Research completed
2. Valuable health service started
3. Tuberculosis cases found and deaths lowered
4. Much of work taken over by *permanent Framingham agencies*

### 1920—THE NEXT STEP.

*The best coördination possible for health work in Framingham.*

\* \*

Efficient Organization is Essential to Health  
Health is Essential to a  
HAPPY NEW YEAR

## X. A Health Prayer

O, God we pray Thee for all whose vigor is being drained by slow and wasting illness. Strengthen their powers as they battle for their life, and if it be possible, we beseech Thee to restore them and grant them the fullness of their years.

If their strength is failing, give them courage still to labor cheerfully and to leave to those who love them dear memories of faith and patience for the distant days.

Since we are all jointly guilty of the conditions which have bred their disease, may we stand by those who bear the burden of our common sin, and set the united will of our community against this power that slays the young and strong in the bloom of their life.

May this death that creeps from man to man be a solemn reminder that we are all one family, bound together in joy and sorrow, in life and death, that we may cease from our selfish indifference and together seek Thy Kingdom and Thy righteousness which will bring us health and life.

WALTER RAUSCHENBUSCH.

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## XI. A Health Sermon

### Health for Health's Sake?

February 9th was "Health Sunday" and many of the ministers of Framingham manifested their interest in health affairs by emphasizing to their congregations the importance of health in a well-rounded life. The Community Health Station wants to take this opportunity to thank the ministers of Framingham publicly for their coöperation in this mighty field of public endeavor.

Truly, those who are working for the spiritual and the physical welfare of mankind have a great interest in common. While there have been notable exceptions, all are agreed that in general a sound physical basis is essential to the most creative spiritual life.

Why should we work for health? Health, of course, is a good thing in itself. It adds to the enjoyment of living. Health is useful in the general social welfare of the individual. Health is necessary for personal economic success—perhaps the greatest economic asset.

Is this all? Are we justified in preaching health for health's sake? Why in particular does the Community Health Station have only *one* interest in Framingham, namely the physical welfare of the people? Why should all the agencies

and individuals be lined up, unselfishly and whole-heartedly, with those who are fighting for health?

Health is not only valuable for itself alone; it is to be valued not only for the physical, social, and economic reasons above mentioned.

THE GREATEST JUSTIFICATION FOR HEALTH IS SPIRITUAL—the importance of a sound physical basis for a truly spiritual life.

*Health* is essential to a broader community life along all lines. *Health* is a vital medium for the more beautiful expression of the spiritual life of man. *Health* is the necessary foundation for the future spiritual evolution of the individual and of the community.

\* \*

HEALTH FIRST FOR FRAMINGHAM — SPIRITUAL AND PHYSICAL.



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# **The Framingham Health Demonstration**



